

Note To Self

拍数: 32 墙数: 2 级数: Improver
编舞者: Micaela Svensson Erlandsson (SWE) - April 2023
音乐: Note To Self - Randy Houser



Section 1 Right Vaudeville. Left Vaudeville. Forward Mambo Step. Coaster Step.

- 1& Cross right foot over left. Step back on the left foot.
- 2& Present right heel forward. Step right in place.
- 3& Cross left foot over right. Step back on the right foot.
- 4& Present left heel forward. Step left in place.
- 5&6 Rock forward on right. Recover onto left. Step back on right.
- 7&8 Step back on left. Step right beside left. Step forward on left.

Section 2 Step. ¼ Turn left. Cross. Side. Touch. Side. Back Rock. Side. Back Rock. Side.

- 1&2 Step forward on right. Turn ½ left. Cross right over left.
- 3&4 Step left to left side. Touch right beside left. Step right to right side.
- 5&6 Rock left behind right. Recover onto right. Step left to left side.
- 7&8 Rock right behind left. Recover onto left. Step right to right side.

Section 3 Behind. Side. Cross. Rock ¼ Turn left. Step. Full Triple Turn right. Full Triple Turn left.

- 1&2 Cross left behind right. Step right to right side. Cross left over right.
- 3&4 Rock right to right side. Turn ¼ left recovering to left. Step forward on right.
- 5&6 Make a Triple full turn over right shoulder traveling forward, stepping left, right, left.
- 7&8 Make a Triple full turn over left shoulder traveling forward, stepping right, left, right.

Easy Option: Replace one, or both, Full Triple Turns with Forward Shuffle/Shuffles

Section 4 Rock Step. Coaster Step. Right Chasse. Touch. Left. Chasse. Scuff.

- 1-2 Rock Forward on left. Recover onto right.
- 3&4 Step back on left. Step right beside left. Step forward on left.

Restart here: On Wall 1 Facing 6 O'clock.

- 5&6& Step right to right. Close left beside right. Step right to right. Touch left beside right.
- 7&8 Step left to left. Close right beside left. Step left to left.
- & Scuff right foot forward.

***1 Restart. On wall 1, after cont 3&4 of Section 4, facing 6 O'clock**

***1 Tag: After Wall 6, facing 12 O'clock**

Tag: Syncopated right Rocking chair.

- 1&2& Rock forward on right. Recover onto left. Rock back on right. Recover onto left.