

Worry B Gone for Good

拍数: 64 墙数: 2 级数: High Beginner
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音乐: Worry B Gone - Chris Stapleton



#16 count intro

DIAGONAL STEPS FORWARD w/IN, OUT

- 1 - 2 Step diagonally forward to the right with right foot, touch left next to right
- 3 - 4 Touch left toe to left side, touch toe next to right foot
- 5 - 6 Step diagonally forward to the left with left foot, touch right next to left
- 7 - 8 Touch right toe to right side, touch toe next to left foot

SAILOR STEPS BACK

- 1 & 2 Step right behind left, step left to left side, step right to right side
- 3 & 4 Step left behind right, step right to right side, step left to left side
- 5 & 6 Step right behind left, step left to left side, step right to right side
- 7 & 8 Step left behind right, step right to right side, step left to left side

LINDY RIGHT, ROCK, RECOVER w/TOE STRUTS

- 1 & 2 Step right to right side, step left together, step right to right side
- 3 - 4 Rock back on left, recover on right
- 5 - 6 Left toe strut
- 7 - 8 Right toe strut

LINDY LEFT, ROCK, RECOVER w/TURNING 1/4 RIGHT TOE STRUT, LEFT TOE STRUT

- 1 & 2 Step left to left side, step right together, step left to left side
- 3 - 4 Rock back on right, recover on left
- 5 - 6 Right toe strut turning 1/4 right
- 7 - 8 Left toe strut in place

SHUFFLE FORWARD, ROCK FORWARD, RECOVER, SHUFFLE BACK, ROCK BACK, RECOVER

- 1 & 2 Shuffle forward right, left, right
- 3 - 4 Rock forward on left, recover on right
- 5 & 6 Shuffle back left, right, left
- 7 - 8 Rock back on right, recover on left

SLOW JAZZ RIGHT FOR 8 COUNT TURNING 1/4 TO THE RIGHT

- 1 - 2 Step right toe over left foot, lower heel
- 3 - 4 Step back on left toe, lower heel turning 1/4 to the right
- 5 - 6 Step to right side on right toe, lower heel
- 7 - 8 Step left toe next to right foot, lower heel

ROCK OUT TO SIDE w/CROSS SHUFFLE (RIGHT & LEFT)

- 1 - 2 Rock right foot to right side, recover on left
- 3 & 4 Cross shuffle right foot over left foot (right, left, right)
- 5 - 6 Rock left foot to left side, recover on right
- 7 & 8 Cross shuffle left foot over right foot (left, right, left)

K - STEP

- 1 - 2 Step forward on right foot, step left next to right
- 3 - 4 Step back on left foot, step right next to left

5 - 6 Step back on right foot, step left next to right
7 - 8 Step left foot forward, step right next to left

BEGIN AGAIN! NO TAGS, NO RESTARTS! ENJOY!!!
