

Before The Next Tears Drop Falls (P)



拍数: 32 墙数: 2 级数: Beginner Partner
编舞者: Mei Xiang (MY) - July 2024
音乐: Before The Next Teardrop Falls (feat. David Hidalgo) - Dolly Parton : (Edited Short Version 2.23min)



Position : Embrace

MEN'S STEPS

Section 1 (LEFT SIDE CHASSE, FWD ROCK, HIP SWAY R-L-R-L

1&2 3 4. Chasse to left side on L-R-L , Rock Right Fwd, recover onto left
5-6-7- 8 Sway hips R-L-R-L

SECTION 2 (FWD SHUFFLE, TRIPLE HALF TURN RIGHT, BACK ROCK, STEP, HITCH)

1&2 3&4 Shuffle forward on R-L-R Triple ½ turn Right on L-R-L (Release both hands)
5-6-7-8 Rock Right back recover onto left, Step right forward, hitch left knee

SECTION 3 (CRUISING STEPS TO LEFT SIDE AND BACK)

1-2-3-4 Step left to left side, cross right behind left , Turning ¼ L, step left forward, step right forward
5-6-7-8 Pivot ½ turn L, turning ¼ L , step R to R side , Cross left behind Right , step Right to Right side

SECTION 4 (FWD ROCK, SIDE CHASSE , ROCK BACK, SIDE CHASSE

1-2 3&4 Rock left forward, recover onto right, side Chasse on L-R-L, (Left hand hold lady's right hand)
5-6 7& 8 Step right back, recover onto left , side Chasse on R-L-R

Start from beginning

#####

WOMEN'S STEPS

Section 1 (RIGHT SIDE CHASSE, BACK ROCK, HIP SWAY L-R-L-R)

1&2 3 4. Chasse to right side on R-L-R, Rock left behind right , recover onto right
5-6-7- 8 Sway hips L-R-L-R

SECTION 2 (FWD SHUFFLE, TRIPLE HALF TURN LEFT, BACK ROCK, STEP, HITCH)

1&2 3&4 Shuffle forward on L-R-L Triple ½ turn left on R-L-R (Release both hands)
5-6-7-8 Rock left back recover onto right , Step left forward, hitch right knee

SECTION 3 (CRUISING STEPS TO RIGHT SIDE AND BACK)

1-2-3-4 Step right to right side, cross left behind right, Turning ¼ R, step right forward, step left forward
5-6-7-8 Pivot ½ turn R, turning ¼ R, step L to L side , Cross right behind left , step left to left side

SECTION 4 (BACK ROCK, SIDE CHASSE , ¼ R, ¼ L SIDE CHASSE

1-2 3&4 Rock right back, recover onto left , side Chasse on R-LR, (let Man's Left hand hold your right hand)
5-6 7& 8 ¼ R, Step left Fwd, ¼ L side Chasse on L-R-L

Hands movement follow the demo video .

Happy Dancing

Last Update: 1 Aug 2024

