

Please Remember

拍数: 64 墙数: 4 级数:
编舞者: Gordon Elliott (AUS)
音乐: Please Remember - LeAnn Rimes



FORWARD, HOLD, BACK, ½ TURN, FORWARD, HOLD, BACK, ½ TURN

1-2 Step left forward, hold
3-4 Rock back onto right, turn ½ turn left step left forward
5-6 Step right forward, hold
7-8 Rock back onto left, turn ½ turn right step right forward

FORWARD, ½ TURN, FORWARD, ½ TURN, FORWARD, HOLD, BACK, TOGETHER

1-2 Step left forward, turn ½ turn right take weight onto right
3-4 Step left forward, turn ½ turn right take weight onto right
5-6 Step left forward, hold
7-8 Rock back onto right, step left together

SWEEP, HOLD, SWEEP, HOLD, FORWARD, ½ TURN, FORWARD, HOLD

1-2 Sweep right forward, hold
3-4 Sweep left forward, hold
5-6 Step right forward, turn ½ turn left take weight onto left
7-8 Step right forward, hold

FORWARD, TOGETHER, BACK, TOGETHER, FORWARD, ½ TURN, LOCK, BACK

1-2 Step left forward, step right together
3-4 Step left back, step right together
5-6 Step left forward, turn ¼ turn left step right to the side
7-8 Turn ¼ turn left lock left in front of right, step right back

BACK, TOGETHER, FORWARD, HOLD, FORWARD, TOGETHER, BACK, HOLD

1-2 Step left back, step right together
3-4 Step left forward, hold
5-6 Step right forward, step left together
7-8 Step right back, touch left together

FORWARD, ½ TURN, FORWARD, ¾ TURN, SIDE, HOLD, ROCK, TOUCH

1-2 Step left forward, turn ½ turn right take weight onto right
3-4 Step left forward, turn ¾ turn right take weight onto right
5-6 Step left to the side, hold
7-8 Side rock onto right, touch left together

DOUBLE TURN LEFT, SIDE, HOLD, ROCK, TOGETHER

1-4 Traveling left turns (two full turns), step left-right-left-right
Optional: do a full turn and step together if double turn is too difficult
5-6 Step left to the side, hold
7-8 Side rock onto right, step left together

DOUBLE TURN RIGHT, SIDE, HOLD, ROCK, TOGETHER

1-4 Traveling right turns (two full turns), step right-left-right-left
Optional: do a full turn and step together if double turn is too difficult
5-6 Step right to the side, hold
7-8 Side rock onto left, step right together

REPEAT
