

Troubles I Forgot 'em

拍数: 64 墙数: 4 级数: Improver
编舞者: Helen K. Hargnett (USA)
音乐: Two Pina Coladas - Garth Brooks



STEP SLIDES TO LEFT, SHUFFLE IN PLACE

1-2 Step to left on left foot, slide right foot next to left
3-4 Step to left on left foot, slide right foot next to left
5-6 Step to left on left foot, slide right foot next to left
7&8 Shuffle in place left, right, left*

STEP SLIDES TO RIGHT, SHUFFLE IN PLACE

1-2 Step to right on right foot, slide left foot to right
3-4 Step to right on right foot, slide left foot to right
5-6 Step to right on right foot, slide left foot to right
7&8 Shuffle in place right, left, right*

MODIFIED LEFT VINE WITH HOLD, PIVOT ½ TURN, SHUFFLE FORWARD RIGHT

1-2 Step to left side with left foot, step right foot behind left
3-4 Turn left foot ¼ turn, hold one count
5-6 Place right foot in front of left, pivot ½ turn to left
7&8 Shuffle forward right, left, right (weight ending on right foot)

MODIFIED RIGHT VINE WITH HOLD, PIVOT ½ TURN, SHUFFLE FORWARD LEFT

1-2 Left step into ¼ turn right, (you are facing back wall) step right foot behind left
3-4 Turn left foot ¼ turn, hold one count
5-6 Place right foot in front of left, pivot ½ turn to left
7&8 Shuffle forward right, left, right (you should be facing new wall)

STEP SLIDE AT 45 DEGREE ANGLE, SHUFFLE IN PLACE LEFT, RIGHT, LEFT

1-2 Step left foot at an angle and slide right foot beside left*
3-4 Step left foot at an angle and slide right foot beside left*
5-6 Step left foot at an angle and slide right foot beside left*
7&8 Shuffle in place left, right, left

STEP BACK SLIDE AT 45 DEGREE ANGLE, SHUFFLE IN PLACE RIGHT, LEFT, RIGHT

1-2 Step back on right foot at an angle and slide left foot beside right*
3-4 Step back on right foot at an angle and slide left foot beside right*
4-5 Step back on right foot at an angle and slide left foot beside right*
7&8 Shuffle in place right, left, right rock forward, back hold*
1-4 Rock forward on left, rock back on right, step left beside right (home) hold one count
5-8 Rock back on right, rock forward on left, step right foot beside left (home) and hold one count

ROCK SIDES, HOLDS*

1-4 Rock to left side on left, rock in place on right, step left foot to right (home) and hold one count
5-8 Rock to right on right foot, rock in place on left foot, step right foot to left (home) and hold one count (weight ending on right foot)

REPEAT

After the first 56 counts, Garth will add a little extra beat so just move your hips and start over after he sings "so bring me"

***Show calypso moves while doing this dance using your hips and feet with an attitude!**
