

I'm Gone, I'm History

拍数: 64 墙数: 2 级数:
编舞者: Ron Walton (AUS)
音乐: I'm Gone - George Fox



SHUFFLE FORWARD, ½ TURN, SHUFFLE BACK, HEEL STEP, TOE STEP HEEL/TOE STEP

1&2 Shuffle forward right-left-right
3&4 Turning ½ turn right-shuffle back left-right-left
5&6 Touch right heel forward, step back onto right, touch left toe beside right
& Step onto left
7&8 Touch right heel forward, step back on right, touch left toe beside right

SHUFFLE FORWARD, ½ TURN, SHUFFLE BACK, HEEL STEP, TOE STEP HEEL/TOE STEP

1&2 Shuffle forward left-right-left
3&4 Turning ½ turn left-shuffle back right-left-right
5&6 Touch left heel forward, step back onto left, touch right toe beside left
& Step onto right
7&8 Touch left heel forward, step back on left, touch right toe beside left

3 DOROTHY STEPS, STEP, SCUFF

1-2& Step right forward 45 degrees right, lock left behind right, step right beside left
3-4& Step left forward 45 degrees left, lock right behind left, step left beside right
5-6& Step right forward 45 degrees right, lock left behind right, step right beside left
7-8 Step left forward 45 degrees left, scuff right beside left

STEP, SCUFF, STEP, HOLD, HIPS

1-2 Step right to right side, scuff left beside right
3-4 Step left to left side, hold
5-8 Push hips right-left-right-left

½ TURN, SHUFFLE FORWARD, ½ TURN, SHUFFLE BACK, HIPS

1&2 Turning ½ turn right (on left foot), shuffle forward right-left-right
3&4 Turning ½ turn right shuffle back left-right-left
5-8 Step right to side, push hips right-left-right-left

VINE RIGHT, OUTBACK, HITCH

1-4 Vine to right (right-left-right), step left beside right
5-8 Touch left heel forward 45 degrees, slap left heel behind right leg with right hand, touch left heel forward, hitch left leg & slap with left hand

VINE LEFT, OUTBACK, HITCH

1-4 Vine to left (left-right-left), step right beside left
5-8 Touch right heel forward 45 degrees, slap right heel behind left leg with left hand, touch right heel forward, hitch right leg & slap with right hand

VINE RIGHT, TURNING ½ turn, HIPS

1-3 Vine to right right-left-right
4 Turning ½ turn right step onto left
5-8 Push hips right-left-right-left

REPEAT

To finish dance

- 1-2 Repeat steps 1-12
 - 1&2 Touch left heel forward, step back onto left, touch right toe beside left
 - &3 Step onto right, hitching left, hold
 - 4 Stomp left beside right
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