

Go, Gone

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Lady Lace (UK)
音乐: Go, Gone - Estelle



Sequence: AA, BB, AA, BB, AA, BB, AB, BBBB, B, A (1-16)

PART A

CROSS ROCK RIGHT, ½ TURN SHUFFLE, CROSS ROCK LEFT, FULL TURN SHUFFLE

1-2 Cross rock right over left, recover onto left
3&4 Making ¼ turn right step right forward, close left to right, step right ¼ turn right
5-6 Cross rock left over right, recover onto right
7&8 Full turn left stepping left, right, left or left side shuffle

CROSS ROCK RIGHT, SIDE SHUFFLE, SIDE TOGETHER, LEFT SIDE SHUFFLE

1-2 Cross rock right over left, recover onto left
3&4 Step right to right side, close left to right, step right to right side
5-6 Step left to left side, step right beside left
7&8 Step left to side, close right to left, step left to side

HEEL, TOE, ½ TURN SHUFFLE, HEEL TOE ½ TURN SHUFFLE

1-2 Touch right heel forward, touch ball of right back
3&4 With weight on left turn ½ right stepping right in place, close left to right, step right forward
5-6 Touch left heel forward, touch ball of left back
7&8 With weight on right turn ½ left stepping left in place, close right to left, step left forward

TOUCH, KICK, CROSS UNWIND FULL TURN, SIDE HIP BUMPS, HIP ROLL

1-2 Touch ball of right forward, kick right forward
3-4 Touch right across left, unwind full turn left
5-6 Step right to right side bump hips right, bump hips left
7&&& Roll hips to the left right, left, right, left weight ends on left

PART B

4 TOE STRUTS BACK RIGHT, LEFT, RIGHT, LEFT WITH ARM MOVEMENTS

1-2 Touch ball of right back, step down on to heel - move right arm overhead & backwards
3-4 Touch ball of left back, step down on to heel - move left arm overhead & backwards
5-6 Touch ball of right back, step down onto heel - move right arm overhead & backwards
7-8 Touch ball of left back, step down onto heel - move left arm overhead & backwards

LONG STEP DIAGONALLY FORWARD, TOUCH, HEEL SWITCHES, STEP IN PLACE, LONG STEP DIAGONALLY FORWARD TOUCH, HEEL SWITCHES, STEP ¼ LEFT, TOUCH

1-2 Long step right diagonally forward, touch left beside
3&4 Touch left heel forward, step in place, touch right heel forward
& Step right in place
5-6 Long step left diagonally forward, touch right beside
7&8 Touch right heel forward, step in place, touch left heel forward
& Step left ¼ turn left, touch right beside