

# Down Memory Lane

拍数: 32      墙数: 4      级数:  
编舞者: Peter Metelnick (UK)  
音乐: Frankie - Sister Sledge



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## LEFT FORWARD LOCK STEP, RIGHT FORWARD & SIDE TOUCHES, ¼ RIGHT COASTER STEP, ½ RIGHT SYNCOPATED TURN

1&2      Step left forward, lock right behind left, step left forward  
3-4      Touch right toes forward, touch right toes to right side  
5&6      Turning ¼ right step right back, step left together, step right forward  
7&8      Step left forward, pivot ½ right, step left forward

## RIGHT FORWARD LOCK STEP, LEFT FORWARD & SIDE TOUCHES, LEFT BACK COASTER STEP, ½ LEFT SYNCOPATED TURN

1&2      Step right forward, lock left behind right, step right forward  
3-4      Touch left toes forward, touch left toes to left side  
5&6      Step left back, step right together, step left forward  
7&8      Step right forward, pivot ½ left, turning ¼ left step right to right side

## SYNCOPATED LEFT ROCK BACK & RECOVER, SYNCOPATED RIGHT ROCK BACK & RECOVER, LEFT CROSS BEHIND, RIGHT TO RIGHT SIDE, LEFT CROSS OVER, ½ RIGHT MONTEREY TOUCH

1&2      Rock left back, recover weight on right, step left to left side  
3&4      Rock right back, recover weight on left, step right to right side  
5&6      Cross step left behind right, step right to right side, cross step left over right  
7&8      Touch right toes to right side, turning ½ right on left foot step right together, touch left toes to left side

## LEFT CROSS OVER, RIGHT SIDE ROCK & RECOVER, RIGHT CROSS OVER, LEFT SIDE ROCK & RECOVER, LEFT CROSS OVER, ¼ LEFT & RIGHT BACK, ½ RIGHT & LEFT FORWARD, ½ LEFT SYNCOPATED TURN

1&2      Cross step left over right, rock right to right side, recover weight on left  
3&4      Cross step right over left, rock left to left side, recover weight on right  
5&6      Cross step left over right, turning ¼ left step right foot back, turning ½ left step left forward  
**Easier option for counts 5&6 - turning ¼ right step left forward, step right together, step left forward**  
7&8      Step right forward, pivot ½ left, step right forward

**REPEAT**

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