Before I Met You



拍数: 48 墙数: 4 级数: Intermediate

编舞者: Neville Fitzgerald (UK)

音乐: I Knew I Loved You - Savage Garden



STEP, LOCK & ROCK STEP, FULL TURN, STEP, BEHIND & CROSS

1-2& Step forward on left, lock right behind left, step forward on left

3-4 Rock forward on right, recover on left

&5-6 Make ½ turn to right stepping forward on right, ½ turn to right stepping back on left, step back

on right

7&8 Step left behind right, step right to right side, cross step left over right

& SWAY, SWAY, SAILOR STEP, BEHIND TURN STEP, STEP 1 & 1/4 TURN

&1-2 Step right to right side, step left to left side as you push left hip to left, step right to right side

as you push right hip to right

3&4 Step left behind right, step right to right side, step left to left side

5&6 Step right behind left, make ¼ turn left stepping forward on left, step forward on right

7&8& Step forward on left, pivot ½ turn to right, ½ turn to right stepping back on left, ¼ turn to right

stepping right to right side

CROSS, SIDE, ROCK & SIDE, ROCK & 1/4 TURN, ROCK & HITCH, BACK

1-2 Cross step left over right, step right to right side

3&4 Cross rock left behind right, recover on right, step left to left side

5&6 Cross rock right behind left, recover on left, make ¼ turn right stepping forward on right

7&8& Rock forward on left, recover on right, hitch left knee slightly, step back on left

CROSS, UNWIND 34, ROCK & SIDE, ROCK STEP, 34 TURN & STEP, LOCK

Lock right over left, unwind ¾ turn to left, (weight ends on right)
Cross rock left behind right, recover on right, step left to left side

5-6 Cross rock right behind left, recover on left

7&8& Make ¼ turn to left stepping back on right, ½ turn to left stepping forward on left, step forward

on right, lock left behind right

STEP, PRESS, KICK, COASTER STEP, 1/2 BUMP, STEP, 1/4 CHASSE

1-3 Step forward on right, press forward on left bending knee, recover on right as you kick left

forward

4&5 Step back on left, step right next to left, step forward on left

6-7 Make ¼ turn to left stepping right to right side as you bump right hip to right, step left to left

side

8&1 Making ¼ turn to left step right to right side, step left next to right, step right to right side

CROSS ROCK, ROLL FULL TURN, STEP PIVOT 1/2, KICK &

2-3 Cross rock left over right, recover on right

4&5 Make ¼ turn left stepping forward on left, ½ turn left stepping back on right, ¼ turn left

stepping left to left side

6-7 Step forward on right, pivot ½ turn to left 8& Kick right forward, step forward on right

REPEAT

TAG

At end of wall 4