

Before This

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Kerry Hughes (AUS)
音乐: Before Me and You - SHeDAISY



POINT AND POINT AND POINT, TOUCH, POINT, CROSS, POINT, REVERSE PIVOT

- 1&2&3&4 Point right to right side, step right next to left and point left to left side, step left next to right, point right toe to right side, touch right toe next to left, point right toe to right side
- 5-6-7-8 Cross step right over left, point left to left side, touch left toe behind right, pivot ½ left over left keeping weight on right

LEFT COASTER STEP, HIP AND HIP, CRADLE ROCK

- 1&2-3&4 Step back left, step right next to left, step forward left, rock hip to right, rock back on left, rock hip to right
- 5-6-7-8 Step forward left, step back right, step back left, rock forward right

KICK, BALL, POINT, CROSS, ½ UNWIND, KICK, BALL, POINT, BALL, POINT, BALL, CROSS

- 1&2-3-4 Kick left to front, step left next to right, point right to right side, cross right over left, ½ turn unwind (keeping weight right)
- 5&6&7&8 Kick left to front, step left next to right, point right to right side, step right next to left, point left to left side, step left next to right, cross right over left

SIDE, SIDE, CROSS, HOLD, SIDE, SIDE, TOUCH, HOLD

- 1-2-3-4 Step left to left side, step right to right side, cross left over right, hold
- 5-6-7-8 Step right to right side, step left to left side, touch right next to left, hold

½ TURN SHUFFLE FORWARD, REVERSE PIVOT, STEP BACK, FORWARD, FORWARD, STEP ½ TURN

- 1&2-3-4 ½ turn shuffle forward over left stepping right-left-right, touch left toe behind right, unwind ½ turn (keeping weight right)
- 5-6-7-8 Step back left, step forward right, step forward left, pivot ½ turn over right

Tag goes here on wall 1

½ TURN SHUFFLE FORWARD, SIDE, REPLACE, CROSS AND HEEL AND CROSS AND HEEL, BALL STEP

- 1&2-3-4 ½ turn shuffle forward over right stepping left-right-left, step right to right side, step left to left side
- 5&6&7&8& Cross step right over left, step left to left side, heel forward on 45, step right beside left, cross step left over right, step right to right side, left heel forward on 45, step left beside right (ball step)

ROCK FORWARD, ROCK BACK, LOCK SHUFFLE BACK, COASTER, FORWARD COASTER

- 1-2-3&4 Rock step forward on right, rock step back on left, lock shuffle back right-left-right
- 5&6-7&8 Step back left, step right beside left, step forward left, step forward right, step left beside right, step back right

½ TURN SHUFFLE FORWARD, REVERSE PIVOT, COASTER STEP, STEP ½ STEP, BALL STEP

- 1&2-3-4 ½ turn shuffle forward over right, stepping left-right-left, touch right toe behind left, pivot ½ turn right over right (keeping weight left)
- 5&6-7-8& Step back right, step left next to right, step forward right, step forward left, ½ turn pivot over right stepping forward on right, step left next to right (ball step)

REPEAT

TAG

On wall 1, dance the first 40 counts plus ball step left next to right. Restart dance

On wall 4, there is a break in the music after 32 counts. Hold for 2 counts then continue dance.
