

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Carole Daugherty (USA) & Frank Cooper (CAN)
音乐: Gone - Montgomery Gentry



ROCK, RECOVER, SWITCH, WALK, WALK, ROCK, RECOVER, SWITCH, WALK, WALK

- 1-2&3-4 Rock forward on right, recover onto left, step back on ball of right, step forward left, step forward right
5-6&7-8 Rock forward on left, recover weight onto right, step back on the ball of left, step forward right, step forward left (12:00)

WEAVE RIGHT, FORWARD POINT, SIDE POINT, ¼ RIGHT TURNING SAILOR, ¼ RIGHT HINGE TURN TWICE

- 1&2 Step right on left, step left behind, step slightly right on right
3-4 Touch/point left toes forward, touch/point left toes out left
5&6 Step left foot behind/next to right, step right turning ¼ right, step left foot to left side
7-8 Step right foot to right side turning ¼ right, step left foot to left side turning ¼ right (9:00)

BEHIND-SIDE-CROSS, SIDE, HEEL, BALL-CROSS ½ TURN LEFT, LEFT SHUFFLE

- 1&2 Step right foot behind left, step left foot slightly left, step right foot forward across left
3-4 Step left foot left, touch/dig right heel to right diagonal
&5-6 Step back on ball of right, step left forward across right, turn ½ left stepping onto right
7&8 Step left foot left, step right next to left, step left foot left (3:00)

RIGHT LUNGE, LEFT LUNGE, SIDE SWITCH TOUCHES, HEEL GRIND

- &1-2 Step out wide right on right leaning upper body right, touch left out left, hold
&3-4 Step out wide left on left leaning upper body left, touch right out right, hold
&5&6 Step right foot slightly diagonally right, touch left toes next to right, step left slightly diagonally left, touch right toes next to left
&7-8 Step right foot in place, dig left heel slightly forward, grind left heel left to step on left foot (3:00)

RIGHT FORWARD DIAGONAL WITH LEFT SWIVELS, LEFT FORWARD DIAGONAL WITH RIGHT SWIVELS

- 1-2-3-4 Large step forward diagonally right on right, swivel left heel right toward right foot, swivel left toes right toward right foot, swivel left heel right toward right foot
5-6-7-8 Large step forward diagonally left on left, swivel right heel left toward left foot, swivel right toes left toward left foot, swivel right heel left toward left foot (3:00)

POINT ½ RIGHT MONTEREY, SWITCH POINT ½ RIGHT MONTEREY, LEFT QUICK ROCKS

- 1-2-3 Point right toes out right, turn ½ right stepping onto right foot, point left toes out left
&4-5 Step left foot next to right, point right toes out right, turn ½ right stepping onto right
6&7&8 Rock back slightly on ball of left, recover right, rock slightly left on ball of left, recover right, step left forward across right (3:00)

REPEAT
