

Forgive And Forget

拍数: 36 墙数: 4 级数: Intermediate
编舞者: Carina Slijters (NL) - July 2009
音乐: I Don't Believe That's How You Feel - Tracy Byrd : (CD: Big Love)



32 count intro

Cross Rock, Side Rock, Behind-Side-Cross, Side Rock Cross, ¼ ¼ Turn Left-Cross

1& Cross Right in front of Left, Recover on Left
2& Rock Right to Right side, Recover on Left
3&4 Cross Right behind Left, Step Left to Left, Cross Right in front of Left
5&6 Rock Left to Left side, Recover on Right, Cross Left in front of Right
7 Make a quarter turn Left step Right backwards (facing 09:00)
& Make a quarter turn Left step Left to Left side (facing 06:00)
8 Cross Right in front of Left

Rumba Box, Chasse Left, Sailor ¼ Right

1&2 Step Left to Left side, Step Right next to Left, Step Left forward
3&4 Step Right to Right side, Step Left next to Right, Step Right backwards
5&6 Step Left to Left, Step Right next to Left, Step Left to Left
7 Make a quarter turn Right cross Right behind Left
&8 Step Left next to Right, Step Right forward

Left Lock Step Forward, Rock Step-Back, Full Turn Left, Coaster Step

1&2 Step Left forward, Lock Right behind Left, Step Left forward
3&4 Rock Right forward, Recover on Left, Step Right backwards
5 Make a half turn Left step Left forward (facing 03:00)
6 Make a half turn Left step Right backwards (facing 09:00)
7&8 Step Left backwards, Step Right next to Left, Step Right forward

Scissor Right, Scissor Left, Side-Behind-1/4 Right Forward, Pivot ½ Right, Forward

1&2 Step Right to Right, Step Left next to Right, Cross Right in front of Left
3&4 Step Left to Left, Step Right next to Left, Cross Left in front of Right
5&6 Step Right to Right, Cross Left behind Right, Make a quarter Right step Right forward (facing 12:00)
7&8 Step Left forward, Make a half turn Right, Step Left Forward

Pivot ½ Left, Forward ¼ Left

1-2 Step Right forward, Make a half turn Left (facing 12:00)
3-4 Step Right forward, Make a quarter turn Left (facing 09:00)

Start again

Restart:

In the second wall dance the first 32 counts than start all over again.

Carina Slijters (NL) (July 2009) www.carinaslijters.nl

Video link <http://www.youtube.com/carinaslijters>