

Before I Say Goodbye

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dom Yates (UK) - August 2009
音乐: Long Long Way To Go - Def Leppard



Start dancing on lyrics

Basic Left, ¼ Turn Basic Right, Basic Left, 1 ½ Turn

1-2& Step left to side, rock right back, recover to left
3-4& Turn ¼ left and step right to side, rock left back, recover to right
5-6& Step left to side, rock right back, recover to left
7&8 Turn ¼ left and step right back, turn ½ left and step left forward, turn ½ left and step back right

Full Turn Sweep, Weave, 2 Walks, Mambo ½, Mambo ¼

&1 Turn ½ left and step forward left, turn ½ left and step right back sweeping left from front to back
2& Cross left behind, step right to side
3-4 Step left forward, step right forward
5&6& Rock left forward, recover to right, step left back, turn ½ right and step forward right
7&8& Rock left forward, recover to right, step left back, turn ¼ right and step to side

Syncopated Cross Rocks, ¼ Sweep, Cross, Back, ½ Turn, Step ½ Turn, ¼ Side

1-2& Cross rock left over right, recover to right, step left to side
3-4&5 Cross rock right over left, recover to left, turn ¼ right and step forward right, sweep left around from back to front
6&7 Cross left over right, step right back, turn ½ left and step forward left
8&1 Step right forward, turn ½ left, turn ¼ left and step right to side

Weave, Lunge, Basics Left & Right

2&3-4 Cross left behind, step right to side, lunge left across right, recover to right
5-6& Step left to side, rock right back, recover to left
7-8& Step right to side, rock left back, recover to right

Repeat
