

Fall Apart

拍数: 48 墙数: 2 级数: High Intermediate
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音乐: Fall Apart - Sarah Connor



16 Count Intro. Approx 9 seconds. Track approx 3 mins 07 secs BPM104

STEP ½ TURN L, ¼ TURN L ROCK & CROSS, ¼ TURN R, ½ TURN R, SAILOR ¼ TURN R.

- 1,2 Step forward on R, make a ½ turn L keeping weight back on R.
3&4 Making a ¼ turn L rock L out to L side, recover weight to R, cross step L over R.
5,6 Make a ¼ turn R stepping forward on R, make a ½ turn R stepping back on L.
7&8 Making a ¼ sailor turn R cross step R behind L, step L in place, step forward on R. (3 o'clock).

¾ TURN L, ROCK RECOVER, BACK, BACK, HOLD, BACK, ROCK RECOVER.

- 1,2 Recover weight onto L making a ½ turn L, make a further ¼ turn L stepping forward on R.
3,4 Rock forward on L, recover weight to R.
&5,6 Step back L, step back R, hold count 6.
&7,8 Step back L, rock back on R, recover weight to L. (6 o'clock).

BACK TOGETHER ¼ TURN R WITH CROSS, ¼ TURN R, ½ TURN R, MAMBO FORWARD, BACK ½ TURN L STEP.

- 1&2 Step slightly back on R, close L beside R, making a ¼ turn R cross step R over L.
3,4 Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R.
5&6 Rock forward on L, recover weight to R, step back on L.
7&8 Step back on R, make a ½ turn L stepping forward on L, step forward on R. (12 o'clock).

MAMBO FORWARD, FULL TURN BACK, ¼ TURN R, HOLD, TOGETHER POINT TOUCH.

- 1&2 Rock forward on L, recover weight to R, step back on L.
3,4 Travelling backwards, make a ½ turn R stepping forward on R, make a ½ turn R stepping back on L.
5,6 Make a ¼ turn R stepping R to R side, hold count 6.
&7,8 Close L beside R, point R to R side, drag in and touch R beside L. (3 o'clock).

OUT, OUT, CHASSE R, OUT, OUT CHASSE ¼ TURN L.

- 1,2 Step out R to R side, step out L to L side.
3&4 Step R to R side, close L beside R, step R to R side.
5,6 Step out L to L side, Step out R to R side.
7&8 Step L to L side, close R beside L, make a ¼ turn L stepping L forward. (12 o'clock).

* Restart from here during wall 2 - begin again facing 6 o'clock wall.

STEP FULL TURN L, ½ TURNING LOCK STEP L, WALK R, WALK L, BACK CROSS, BACK TOGETHER.

- 1,2 Step forward on R, make a full turn L ending with L hooked in front of R.
3&4 Making a ¼ turn L step forward on L, cross lock R behind L, make another ¼ turn L stepping forward on L.
5,6 Walk R, walk L.
7&8& Step back on R, cross step L over R, step back on R, close L beside R. (6 o'clock).

* Restart during Wall 2 – dance up to count 40 then begin again facing 6 o'clock wall.

Have Fun and enjoy!! Dee xx

