

The Thrill Is Gone

拍数: 48 墙数: 2 级数: High Intermediate
编舞者: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - July 2011
音乐: The Thrill Is Gone - Beverly McClellan : (3:40)



Start the dance just after the heavy beat (0:48).

[1-8] Walk Fwd, Fwd Coaster Step, Full Turn Back, Rock & Cross

1,2 Step Rt Fwd, Step Lt Fwd
3 .4 Step Rt Fwd, Step Lt next to Rt, Step Rt Back
5,6 Make 1/2 turn Lt Stepping Lt fwd, Make 1/2 turn Lt Stepping Rt back

(Easy version: walk back Lt, Rt)

7&8 Rock Lt to Lt, Recover weight Rt, Step Lt over Rt

[9-16] & Kick Cross, 1/2 Hinge Turn, Step Locks Fwd

&1,2 Step Rt next to Lt, Transfer weight on to Lt Kicking Rt to Rt, Step Rt over Lt
3,4 Make 1/4 turn Rt stepping Lt back, Make 1/4 turn Rt stepping Rt to Rt (6:00)
5&6& Step Lt fwd, Lock Rt behind Lt, Step Lt fwd, Step Rt fwd
7&8 Lock Lt behind Rt, Step Rt fwd, Step Lt Fwd

[17-24] Step 1/2 Turn, 1/4 Tap 1/4 Step - X2, Step 1/2 Turn

1,2 Step Rt Fwd, Make 1/2 turn Lt Stepping Lt fwd (12:00)
3,4 Make 1/4 turn Lt touching Rt to Rt (9:00), Make 1/4 turn Rt stepping Rt fwd (12:00)
5,6 Make 1/4 turn Rt touching Lt to Lt (3:00), Make 1/4 turn Lt stepping Lt fwd (12:00)
7,8 Step Rt fwd, Make 1/2 turn Lt stepping Lt fwd (6:00)

[25-32] 1/4 Turn - Drag, Rock & Cross, Sweep Cross, 1/2 Turn & Cross

1,2 Make 1/4 turn Lt Stepping Rt to Rt, Drag and Touch Lt next to Rt (3:00)
3&4 Rock Lt to Lt, Recover weight Rt, Step Lt over Rt
5,6 Sweep Rt foot from back to front, Step Rt over Lt
7&8 Make 1/4 turn Rt stepping Lt back, Make 1/4 turn Rt stepping Rt next to Lt, Step Lt over Rt (9:00)

[33-40] Side Rock &, Weave, & Sweep Cross, Back, Rock &

1,2& Step Rt to Rt, Rock Lt behind Rt, Recover weight Rt
3&4 Step Lt to Lt, Step Rt behind Lt, Step Lt to Lt
&5,6 Step Rt over Lt, Sweep Lt foot from Back to Front, Step Lt over Rt
7,8& Step Rt back, Rock Lt back, Recover weight Rt

[41-48] Walk Fwd, Prep Turn 1/4, Full Turn Step Side, Hold

1,2 Step Lt fwd, Step Rt fwd
3,4 Make 1/4 Lt transferring weight Lt, Transfer weight Rt making a full turn Rt on the Rt foot (6:00)
5,6,7,8 Step Lt to Lt, Hold during the break in the music

HAVE FUN !!