

Sadness

拍数: 64 墙数: 4 级数: Beginner
编舞者: Sally Hung (TW) - April 2012
音乐: Sadness - Ledapple



Start dancing on lyrics - Sequence of dance;AABAB'ABAA/pose/AAB

AI. STEP RL FWD, BUMP TWICE, STEP R BACK, DRAG L DIAGONAL TO SIDE

1,2,3,4 Step R fwd and bump twice, step L fwd and bump twice
5,6,7,8 Step R back, drag L beside R, drag L diagonal back to the side, drag R beside L

AII. VINE R, STEP TOUCH, ROCK RECOVER LR

1,2,3,4 Step R to R side, step L behind R, step R to R side, touch L beside R
5,6,7,8 Rock L to L side, recover on R, rock R to R side, recover on L

AIII. CHASSE L TWICE, STEP BEHIND-FWD-BESIDE-TOUCH

1&2,3&4 Step L to L side, step R next to L, step L to L side, repeat 1&2
5,6,7,8 Step L behind R, step R fwd, step L beside R, touch R in place

AIV. RL SAILOR STEP , SWAY IN PLACE

1&2,3&4 Step R behind L, step L to L side, step R to R side, step L behind R, step R to R side, step L
to L side
5,6,7,8 Sway in place

BI. OUT OUT IN IN, PIVOT ¼ TURN L TWICE

1,2,3,4 Both heels out out in in
5,6,7,8 Pivot ¼ turn L twice

BII. CROSS RECOVER, ¼ TURN R, THREE STEPS, ROCK RECOVER, THREE STEPS

1,2,3&4 Cross R over L, recover on L, ¼ turn R, three steps on RLR,
5,6,7&8 Rock L to side, recover on R, three steps on LRL

BIII. Repeat BI.

BIV. Repeat BII.

B'. POINT TOES, OUT OUT IN IN, PIVOT ¼ TURN L TWICE, CROSS RECOVER, ¼ TURN R, THREE STEPS

1,2,3,4 Point toes fwd R, L, R, L
5,6,7,8 Both heels out out in in
9-12 Pivot ¼ turn L twice
13,14,15&16 Cross R over L, recover on L, ¼ turn R, three steps on RLR
17-32 Repeat 1-16

Pose. 4 counts

Have fun & happy dancing!

Contact Sally Hung: hung1125@gmail.com