

Gentle

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ann-Kristin Sandberg (NOR) - November 2013
音乐: Go Gentle - Robbie Williams : (iTunes)



32 counts intro.....Start dancing on vocals

TOE STRUTS-ROCK-RECOVER-SIDE-RECOVER

1-2 Touch right toe forw, Heel down (Snap fingers with right hand on count 2)
3-4 Touch left toe forw, Heel down (Snap fingers with right hand on count 4)
5-6 Step right foot forw, Recover onto left
7-8 Step right foot to right side, Recover onto left

WEAVE-HITCH-WEAVE-HITCH

1-2 Cross right foot behind left, Step left foot to left side
3-4 Cross right foot in front of left, Hitch left knee
5-6 Cross left foot behind right, Step right to right side
7-8 Cross left foot in front of right, Hitch right knee

ROCK-RECOVER-SIDE-RECOVER-STEP-1/2 TURN-1/2 TURN-KICK

1-2 Step right foot back, Recover onto left
3-4 Step right foot to right side, Recover onto left
5-6 Step right foot forw, 1/2 turn left stepping left foot forw (facing 06.00)
7-8 1/2 turn left stepping right foot back, Kick left foot forw (facing 12.00)

BACK-RECOVER-1/2 TURN-KICK-BACK-RECOVER-TAP TOE x 2

1-2 Step left foot back, Recover onto right
3-4 1/2 turn right stepping left foot back, Kick right foot forw (facing 06.00)
5-6 Step right foot back, Recover onto left
7-8 Tap right toe twice next to left foot

STEP-TOUCH-1/4 TURN-TOUCH-STEP-HOLD-ROCK-RECOVER

1-2 Step right foot to right side, Touch left toe next to right
3-4 1/4 turn right stepping left to left side, Touch right toe next to left (facing 09.00)
5-6 Step right foot to right side, Hold
7-8 Step left foot back, Recover onto right

1/4 TURN-SIDE-HOLD-BACK-RECOVER-SIDE-BEND KNEES

1-2 1/4 turn right stepping left to left side, Hold (facing 12.00)
3-4 Step back on right foot, Recover onto left
5-6 Step right to right side, Step left next to right
7-8 Bend both knees & sway knees to right side, Knees back to center

1/4 TURN-TOUCH-BACK-TOUCH-STEP-LOCK-STEP-TOUCH

1-2 1/4 turn right stepping right foot forw,, Touch left toe behind right foot (facing 03.00)
3-4 Step left foot back, Touch right toe in front of left foot
5-6 Step right foot forw, Lock left foot behind right
7-8 Step right foot forw, Touch left toe next to right foot

STEP-1/4 TURN-CROSS-HOLD-SIDE-RECOVER-TOUCH-HOLD

1-2 Step left foot forw, 1/4 turn right stepping right to right side (facing 06.00)
3-4 Cross left in front of right, Hold

5-6 Step right to right side, Recover onto left
7-8 Touch right toe next to left foot, Hold

RESTART: Wall 4 : Dance first 32 counts & start again facing 12.00

ENJOY!!

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