

编舞者: Christina Yang (KOR) - March 2014

音乐: Irreversible - GAIN



Start the dance after 64 counts

SECTION 1: FORWARD, FORWARD, FORWARD, 1/2 TURN TO R WITH SWEEP, HOOK, CROSS

1-4 RF forward walk, LF drag to RF, LF forward walk, RF drag to LF

5-6 RF forward walk, 1/2 turn to R with LF sweep from back to forward(weight on RF)

7-8 LF hook, LF cross over RF(weight on LF)

SECTION 2: SIDE, 1/4 TURN TO L WITH TOUCH, HOOK, IN PLACE, BACK HOOK, IN PLACE, HOOK, IN PLACE, 1/2 TURN TO R, 1/2 TURN TO L, FLICK, FORWARD

1-2& RF side(weight on RF), 1/4 turn to L with LF touch(weight on RF), LF hook

3&4& LF in place, RF back hook, RF in place, LF hook

5-6 LF in place, 1/2 turn to R with RF in place 7-8 1/2 turn to L with flick,, RF forward walk

SECTION3: FORWARD ROCK, RECOVER, 1/4 TURN TO L, SAILOR STEP, CROSS, 1/8 TURN TO R,HITCH, CROSS, 1/8 TURN TO L,SIDE TOUCH

1&2 LF forward rock, RF in place, 1/4 turn to L with sweep on LF

LF cross behind, RF closed to LF, LF forward walk
RF cross forward walk, 1/8 turn to R with LF hitch

7-8 LF cross forward walk, 1/8 turn to L with RF side long step(RF toe touch)

SECTION 4: DRAG, HITCH, DOWN, SIDE TOUCH, FLICK, BACK TWINKLE, BACKWARD, 1/4 TURN TO L, DIAGONAL BACKWARD TOUCH.

1-2 RF drag to LF(weight on LF), RF hitch with RF ankle along the inside of LF(LF knee is

straight)

3-4& RF down along the inside of LF, RF side long step(RF toe touch with weight on LF), RF flick

to back in the direction to LF

5&6 RF backward walk, Weight transfer to LF, Weight transfer to RF 7-8 1/4 turn to L with LF backward walk, RF diagonal backward touch.

RESTART: On the 5th wall, you should dance until the 8 counts, and start again (you will facing a 6 o'clock)

ENDING POSE: On the ending wall, you will automatically finish facing 12:00 when completing your last step. And LF forward, hold

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