

Before We

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kim Liebsch (DK) - June 2015
音樂: Før Vi Falder - NOAH



Intro: 16 counts after 1st beat(appr. 10 seconds) - Start with weight on L foot

Tag: 2 X step ½ turn on wall 5 after 32 counts – then restart (3:00)**

Two Restarts: 1) On wall 2 after 32 counts (6:00) * – 2) After the Tag on Wall 5 (3:00) **Ending: Rock recover, ¼ turn R, 3 X sway

#1 section: □ Step fw. make ½ turn, sailor ½ turn, step ½ turn, step lock step □

1-2 Step fw. on R, make ½ turn R stepping back on L □ 6:00
3&4 Sweep/cross R behind L, ½ turn R stepping L to L side, step R to R side □ 12:00
5-6 Step fw. on L, make ½ turn R stepping fw. on R □ 6:00
7&8 Step fw. on L, lock R behind L, step fw. on L □ 6:00

#2 section: □ Step ¼ turn, cross ¼ turn X 2, cross side, sailor step □

1-2 Step fw. on R, make ¼ turn L stepping L to L side □ 3:00
3&4 Cross R over L, make ¼ turn R stepping back on L, make ¼ turn R stepping R to R side □ 9:00
5-6 Cross L over R, step R to R side □ 9:00
7&8 Cross L behind R, step R to R side, step L to L side □ 9:00

#3 section: □ Cross side, triple step, back rock, step ½ turn step □

1-2 Cross R over L, step L to L side □ 9:00
3&4 Step R beside L, step L beside R, step R beside L on spot □ 9:00
5-6 Rock back on L, recover on R □ 9:00
7&8 Step fw. on L, make ½ turn R stepping fw. on R, step fw. on L □ 3:00

#4 section: □ Rock recover, side mambo X 2 □

1-2 Rock fw. on R, recover on L □ 3:00
3&4 Rock R to R side, recover on L, step R next to L □ 3:00
5-6 Rock fw. on L, recover on R □ 3:00
7&8 Rock L to L side, recover on R, step L next to R (*restart wall 2/6:00) **(tag & restart wall 5/3:00) □ 3:00

#5 section: □ Point back ½ turn, coaster step, touch back ¼ turn, coaster step □

1-2 Point R back, make ½ turn R while putting weight on R □ 9:00
3&4 Step back on L, step R next to L, step fw. on L □ 9:00
5-6 Point R back, make ¼ turn R while putting weight on R □ 12:00
7&8 Step back on L, step R next to L, step fw. on L □ 12:00

#6 section: □ Side rock, behind side cross, side rock, behind ¼ step □

1-2 Rock R to R side, recover on L □ 12:00
3&4 Cross R behind L, step L to L side, cross R over L □ 12:00
5-6 Rock L to L side, recover on R □ 12:00
7&8 Cross L behind R, make ¼ turn R stepping fw. on R, step fw. on L □ 3:00

Tag: □ 2 X step ½ turn □

1-2 Step fw. on R, make ½ turn L stepping fw. on L □ 9:00
3-4 Step fw. on R, make ½ turn L stepping fw. on L □ 3:00

Ending: □ Rock recover, ¼ turn R sway, 2 X sway □

1-2 Rock fw. on R, recover on L □ 9:00
3-4 Make ¼ turn R stepping R to R side, sway L □ 12:00
5-6 Sway R, sway L □ 12:00

Good Luck & N'joy!
