

Kill Me

拍數: 72 牆數: 2 級數: Phrased Improver
編舞者: Nathalie Lagache (FR) - June 2015
音樂: Goodbye (feat. Lyse) - Feder



Start after "first you loved..." - Seq: AA B AA(16 counts)A B AA B restart B A

PATTERN A

Part A1 [1 – 8] Side, behind side cross, point, unwind ½ tour, syncopated rocking chair

1-2& Step to left side, cross right over, step to left side (&)
3-4 Cross right beside, point right behind
5-6& Unwind ½ turn to left with weight on right foot, step left forward, rock right forward (&) (6:00)
7&8 Recover weight on left, rock right back(&), recover weight on left

Part A2 [9 – 16] ½ turn Step & back Coaster, Step Lock Step, 1/8 turn Step fwd

1-2 1/4 turn left step left side, ¼ turn left coaster step: step left backward (12:00)
3-4 Step right together, step left forward
5-6 Move slightly to diagonal : Step right forward, lock left behind right
7-8 step right forward (12:00), to left diagonal: step left forward (10h30)

Part A3 [17 - 24] Ball Step , double ¼ turn Steps, Touch, Double ¼ turn Steps, Back shuffle

&1-2 Step right behind left (&) step left forward (10:30), ¼ turn left step right side (7h30)
3-4 ¼ turn left Step left backward, touch right foot over left (4h30)
5-6 ¼ turn right Step right forward (7h30), ¼ turn right Step left backward (10h30)
7&8 Back shuffle: right – left - right

Part A4 [25 – 32] Ball Steps, Pivot ¼ turn Step, Jazz Box

&1-2 Step left behind right(&), 1/8 turn left step right backward, Step left forward (9h)
3-4 Step right forward, ¼ turn left on right foot, step left side (6h)
5-6 Jazz box: cross right over left, step left backward
7-8 Step right together, touch left next to right

PATTERN B

Part B1 [1 – 8] Rock fwd, Sailor ½ turn, Rock fwd, Triple Steps full turn

1-2 Rock on left foot forward, recover on right (12h00)
3&4 Sailor steps: ½ turn left with left sweep, step left backward (3), step right next to left, step left forward (6h00)
5-6 Rock on right foot forward, recover on left
7&8 full turn right: ½ turn step right forward, ¼ turn step left behind, ¼ turn step right forward

Part B2 [9 – 16] (Rock & Sway, back Coaster) left & right

1-2 Rock left forward & sway (arm movement above head)), recover on right
3&4 Back coaster steps: left – right – left
5-6 Rock right forward & sway (arm movement above head)), recover on left
7&8 Back coaster steps: right – left – right

Sect B3 [17 - 24] (Rolling Vine, Snap) left & right

1-2 Turn to left: ¼ turn step left forward, ¼ turn cross right over left (12h)
3-4 ¼ turn step left backward, ¼ turn touch right beside left (snap above head) (6h00)
5-6 Turn to right: ¼ turn step right forward, ¼ turn cross left over right (12h)
7-8 ¼ turn step right backward, ¼ turn Touch left beside right (snap above the head) (6h00)

Sect B4 [25 – 32] Rock fwd, Sailor ½ turn, Rock fwd, Triple Steps full turn

- 1-2 Rock on left foot forward, recover on right
3&4 Sailor steps: ½ turn left with left sweep, step left backward (3), step right next to left, step left forward (12h00)
5-6 Rock on right foot forward, recover on left
7&8 full turn right: ½ turn step right forward, ¼ turn step left behind, ¼ turn step right forward

Sect B5 [33 – 40] Step fwd, Hold, Knees pop right & Left, Step fwd, hold, Pivot ½ turn, Together

- 1-2 Step left forward, hold
3&4 Knee right in (3), drop right heel (&) knee left in (4)
&5-6 Drop left heel (&), Step right forward, hold
7-8 Pivot ½ turn left, step right together(6h00)

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