

Before I Fall

拍數: 64 牆數: 2 級數: Improver
編舞者: Jo Woods (USA) - September 2015
音樂: Before I Fall - The Storys : (Album: Luck)



Intro: 16 counts, start on lyrics

S1: R SIDE, TOUCH, SIDE, TOUCH, SIDE, TOGETHER, FORWARD, TOUCH

1-4 Step R to R side, touch L to R, step L to L side, touch R to L
5-8 Step R to R side, step L next to R, step R forward, touch L to R

S2: L SIDE, TOUCH, SIDE, TOUCH, SIDE, TOGETHER, FORWARD, BRUSH

1-4 Step L to L side, touch R to L, step R to R side, touch L to R
5-8 Step L to L side, step R next to L, step L forward, brush R forward

S3: R ROCKING CHAIR, STEP, ¼ TURN L, CROSS, HOLD

1-4 Rock forward on R, recover onto L, rock back on R, recover on to L
5-8 Step R forward, pivot ¼ turn L, cross R over L, hold

S4: L WEAVE, SIDE ROCK, RECOVER, BACK ROCK, RECOVER

1-4 Step L to L side, cross R behind L, step L to L side, cross R over left
5-8 Rock L to L side, recover onto R, rock L back, recover onto R

S5: L LOCK STEP, BRUSH, STEP ½ TURN L, STEP FWD, HOLD

1-4 Step L forward, lock R behind L, step L forward, brush R forward
5-8 Step R forward, pivot ½ turn L, step R forward, hold

S6: ½ TURN R, TOUCH, ½ TURN R, BRUSH, L LOCK STEP

1-4 ½ turn R stepping back on L, touch R to L, ½ turn R stepping forward on L, brush L forward
(Easier option: Step L forward, touch R to L, step R forward, brush L forward)
5-8 Step L forward, lock R behind L, step L forward, brush R forward

S7: STEP R FORWARD, TOUCH BACK, STEP BACK, TOUCH, R BACK LOCK STEP, HOLD

1-4 Step R forward, touch L behind R, step L back, touch R to L
5-8 Step R back, lock L over R, Step R back, hold

S8: L COASTER STEP, HOLD, JAZZ BOX, ¼ TURN, CROSS

1-4 Step L back, step R to L, step L forward, hold
5-8 Cross R over L, step L back making ¼ turn R, step R to R side, cross L over R (6.00)

TAG 1 (8 counts): End of wall 4 facing (12.00)

R SIDE ROCK, CROSS, HOLD, L SIDE ROCK, CROSS, HOLD,

1-4 Step R to R side, recover on L, cross R over L, hold
5-8 Step L to L side, recover on R, cross L over R, hold

TAG 2 (16 counts): End of wall 5 facing (6.00)

**R SIDE ROCK, CROSS, HOLD, L SIDE ROCK, CROSS, HOLD,
STEP, ½ TURN L, STEP FWD, HOLD, STEP, ½ TURN R, STEP FWD, HOLD**

1-4 Step R to R side, recover on L, cross R over L, hold
5-8 Step L to L side, recover on R, cross L over R, hold
9-12 Step R forward, pivot ½ turn L, step R forward, hold
13-16 Step L forward, pivot ½ turn R, step L forward, hold

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