

Sober

拍數: 64 牆數: 4 級數: Phrased Intermediate
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音樂: Sober - Little Big Town



Intro: 32 counts

Part A – 32 counts

A1: SIDE, LEFT CROSS/SWEEP, RECOVER, SIDE, CROSS/SWEEP, RECOVER, ROCK, RECOVER, TURN, CROSS SIDE, BEHIND

- 1-2& Step Right to right side, cross/sweep Left over Right, recover onto Right 12:00
- 3-4& Small step Left to Left, cross/sweep Right over Left, recover onto Left
- 5 Step Right to right side
- 6&7 Rock Left in front of Right, recover onto Right, ¼ turn left and step Left to left 9:00
- 8&1 Cross Right over Left, small step Left to side, step Right behind Right

A2: ROCK, RECOVER, 1 & 1/2 TURN RIGHT, COASTER STEP, SMALL STEPS FORWARD, ROCK

- 2-3 Rock Left back, recover on Right
- 4&5 ½ turn right and step back with Left, ½ turn right and step Right forward, ½ turn right and step back with Left 3:00
- 6&7 Step Right back, Left beside Right, step Right forward
- 8&8&1 Three small steps forward Left-Right-Left, rock Right over Left

A3: RECOVER, BESIDE, SYNCOPATED ROCKS WITH LEFT FORWARD AND SIDE AND FORWARD, BACK, 3/4 TURN LEFT, LOCK, BACK, ¼ TURN LEFT & SIDE

- 2&3 Recover onto left, right beside left, rock left forward
- 8&4&5 Recover onto R, Rock L to left, recover onto R, rock L forward
- 6&7&8 Recover back with Right, 1/4 turn left and step Left forward, 1/4 turn left and step Right to right side, 1/4 turn left and step Left locking in front of Right 6:00
- 8-1 Step Right back, ¼ turn left and step Left to side 3:00

A4: NIGHT CLUB BASIC LEFT AND RIGHT, FULL TURN RIGHT, CROSSING SHUFFLE

- 2&3 Step Right close to Left, cross Left over Right, long step Right to side
- 4&5 Left close to Right, cross Right over Left, 1/4 turn right and step Left back
- 6&7 1/2 turn right and step Right forward, step Left forward, pivot ¼ turn right 3:00
- 8&8& Cross Left over Right, small step Right to side, cross Left over Right

Part B – 32 counts

B1: BASIC RIGHT, BASIC LEFT, SKATE X 2, SHUFFLE LOCK FORWARD

- 1-2& Step Right to side, Left beside Right, cross Right over Left
- 3-4& Step Left to side, Right beside Left, small step Left over Right
- 5-6 Skate Right forward, Skate Left forward
- 7&8 Step Right forward, lock Left behind Right, rock Right forward

B2: CLOSE, CHANGE OF WEIGHT BACK AND FORWARD, ROCK FORWARD, RECOVER, SIDE ROCK, RECOVER, BEHIND SIDE CROSS

- &1&2 Close Left behind Right, small rock/step forward with Right, recover to Left, change weight to Right
- &3&4 Change weight to Left, change weight to Right, change weight to Left, small step forward with Right
- 5&6& Rock Left forward, recover weight back to Right, Rock Left to side, recover weight onto Right
- 7&8 Step Left behind Right, step Right to right, cross Left over Right

B3: SWAYS, BEHIND, SIDE, CROSS, SWAYS, SWAY BEHIND CROSS

- 1-2 Step Right to right side and sway to right, sway back to Left
- 3&4 Cross Right behind Left, step Left to side, cross Right in front of Left
- 5-6 Step Left to left and sway to left side, sway back to Right
- 7&8 Sway back again to Left, small step Right behind Left, cross Left over Right

B4: ROCK FORWARD, STEP, 1 ½ TURN RIGHT, SWAYS, SIDE, BEHIND, CROSS

- 1-2 Rock Right forward, step return weight back to Left preparing body to turn to right
- 3&4 1½ turn right and forward stepping Right-Left-Right
- 5-6 Sway Left to left, sway to right
- 7&8 Step Left to left, step Right behind Left, cross Left over Right

Phrased: A-B-A-B-A (16 Counts) - B (24 counts) B - A
