Forget Me Not



拍數: 48 編數: 4 級數: Improver waltz

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音樂: 19 - ForgetMeNot



Intro: 32 Count start on vocal (Approx. 21 Seconds Into Track) 4:00 iTunes ,78 bpm

Tag: 6 count After end of wall 3 and Wall 6

SECTION 1: Twinkle Steps

1 – 3 Behind Rf over Lf , Step Lf to Left diagonal(10:30), Step Rf next to Lf.
 4 – 6 Behind Lf over Rf , Step Rf to right diagonal(1:30), Step Lf next to Rf.

SECTION 2: Twinkle Steps

1 – 3 Behind Rf over Lf, Step Lf to Left diagonal(10:30), Step Rf next to Lf.

4 – 6 Behind Lf over Rf, Step Rf to right, Step Lf next to Rf.(12:00)

SECTION 3: Basic Back Waltz, Recover, Chasse

1–3 Step back on Rf, Step Lf next to Rf, Behind Rf over Lf

4, 5 & 6 Recover on Lf, Step Rf to right side, Step Lf next to Rf, Step Rf to right side.

SECTION 4: Cross, Recover, Side, Counterclockwise unwind, Side

1 – 3 Step Lf cross over Rf, Recover on Rf, Step Lf to left side(12:00)

4 – 6 Cross Rf over Lf, Counterclockwise Turn left circle, Step Lf to left side

SECTION 5: Cross, Recover, Side, Cross, Recover, Side,

1 - 3 Cross Rf over Lf, Recover on Lf, Step Rf beside Lf
 4 - 6 Cross Lf over Rf, Recover on Rf, Step Lf beside Rf

SECTION 6: Forward, Sweep 1/4 Turn Right, Twinkle 1/2 turn Left

1 – 3 Step Rf forward (1), Sweep Lf 1/4 turn right (2,3)(3:00)

4 – 6 Step Lf Forward, Step Rf back, making turn left (12:00), step Lf to left, making 1/4 turn left (9:00)

SECTION 7: Basic Forward Waltz, Basic back Waltz

1 – 3 Step forward on Rf, Step Lf next to Rf, Step Rf next to Lf(9:00)

4 – 6 Step back on Lf, Step Rf next to Lf, Step Lf next to Rf

SECTION 8: Twinkle 1/2 Turn Left, Forward sliding x2

1 - 3
 Step Rf back, Step Lf forward, making 1/2 turn left (3:00), Step Rf next to Lf
 4 - 6
 Step Lf forward out Sliding, Step Rf forward out Sliding, Step Lf next to Rf

TAG: 6 counts After end wall 3(9 o'clock) and wall 6(6 o'clock)

1 - 3 Step Rf to side, making a slow hip bump right
4 - 6 Step Lf to side, making a slow hip bump left

Proposal: Hand movements refer to the demo

Have fun!!! Happy Dance

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