

Gone

拍數: 64 牆數: 4 級數: Phrased
編舞者: Bracken Heidenreich (USA) - November 2015
音樂: Gone - JR JR : (Album: JR JR - iTunes USA)



Section A is 32 counts, Section B is 32 counts - They are VERY similar, so don't be put off that it is a "phrased" dance. :) It really is easy to hear in the music which part to do. And both parts have you facing the same direction on the same counts.

Phrasing: A A B B B(with Restart) B B B B B(with Restart) A A B B B

SECTION A – 32 COUNTS

A1: SIDE, HOLD, BACK ROCK, QUARTER, HOLD, STEP HALF

1234 Step right to right side, hold, rock left behind right, recover in place on right
5678 Make 1/4 turn left and step left forward (9:00), hold, step right forward, pivot half turn left putting weight on left (3:00)

A2: FORWARD, HOLD, TURN, TURN, FORWARD, HOLD, FORWARD ROCK

1234 Step right forward, hold, make 1/2 turn right and step left back (9:00), make 1/2 turn right and step right forward (3:00)
5678 Step left forward, hold, rock right forward, recover in place on left

A3: BACK, HOLD, HALF, HOLD, HALF, SWEEP, BACK ROCK

1234 Step right back, hold, make sharp 1/2 turn left and step left forward dragging right toe behind (9:00), hold
5678 Make 1/2 turn left and step right back (3:00), sweep left from front to back, rock left back, recover in place on right

A4: HALF, SWEEP, BEHIND, SIDE, CROSS, SIDE ROCK, CROSS

1234 Make 1/2 turn right and step left back (9:00), sweep right from front to back, step right behind left, step left to left side
5678 Step right across (in front of) left, rock left to left side, recover in place on right, step left across (in front of) right

SECTION B – 32 COUNTS

B1: TRIPLE SIDE RIGHT, BACK ROCK, QUARTER TRIPLE FORWARD, STEP HALF PIVOT

1&2,3,4 Step right to right side, & close left next to right, step right to right side, rock left behind right, recover in place on right
5&6,7,8 Make 1/4 turn left and step left forward (9:00), & close right next to left, step left forward, step right forward, pivot half turn left putting weight on left (3:00)

B2: FORWARD TRIPLE, FULL TURN, FORWARD TRIPLE, FORWARD ROCK**

1&2,3,4 Step right forward, & close left next to right, step right forward, make 1/2 turn right and step left back (9:00), make 1/2 turn right and step right forward (3:00)
5&6,7,8 Step left forward, & close right next to left, step left forward, rock right forward, recover in place on left

**Restarts are here, after 16 counts of B

B3: TRIPLE BACK, HALF TURN TRIPLE, HALF TURN TRIPLE, BACK ROCK

1&2 Step right back, & close left next to right, step right back
3&4 Make 1/2 turn left and step left forward (9:00), & close right next to left, step left forward 5&6
Make 1/2 turn left and step right back (3:00), & close left next to right, step right back
7,8 Rock left back, recover in place on right

B4: HALF TURN TRIPLE, BEHIND, SIDE, CROSS, SIDE ROCK, CROSS

1&2 Make 1/4 turn right and step left (small step) to side (6:00), & close right next to left, make 1/4
turn right and step left slightly back (9:00)
3,4 Step right behind left, step left to left side
5678 Step right across (in front of) left, rock left to left side, recover in place on right, step left
across (in front of) right

So you see, Section B is just Section A with any step holds or step sweeps replaced with triple steps!

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