

Sad Story

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Jef Camps (BEL) & Daisy Simons (BEL) - September 2016
音樂: Not Ready to Make Nice - The Chicks



Start when the beat kicks in (+- 30 seconds)

STEP, MAMBO, SWEEP, BEHIND-SIDE-CROSS, SCISSOR STEP, ½ HINGE TURN

1-2& RF step forward, LF rock forward, recover on RF
3-4& LF step back (sweep RF backwards), RF cross behind LF, LF step side
5-6& RF cross over LF, LF step side, RF close next to LF
7-8& LF cross over RF, ¼ turn L & RF step back, ¼ turn L & LF step side

CROSS ROCK, RECOVER, SIDE, CROSS, SIDE, TOGETHER, FORWARD, STEP ½ PIVOT, ½ BACK, STEP BACK, LOCK

1-2& RF cross over LF, recover on LF, RF step side
3-4& LF cross over RF, RF step side, LF close next to RF
5-6& RF step forward, LF step forward, make ½ turn R & put weight on RF
7-8& ½ turn R & LF step back, RF step back, LF lock in front of RF

STEP BACK, COASTER STEP, MAMBO ¼ TURN, MAMBO ½ TURN, STEP, ½ PIVOT

1-2& RF step back, LF step back, RF close next to LF
3-4& LF step forward, RF rock forward, recover on LF
5-6& ¼ turn R & RF step side, LF rock forward, recover on RF
7-8& ½ turn L & LF step forward, RF step forward, make ½ turn L & put weight on LF

STEP FWD, RUMBA BOX, COASTER STEP, STEP, ½ PIVOT

1-2& RF step forward, LF step side, RF close next to LF
3-4& LF step forward, RF step side, LF close next to RF
5-6& RF step back, LF step back, RF close next to LF
7-8& LF step forward, RF step forward, make ½ turn L & put weight on LF

Have fun!

Tag: after wall 2

STEP SIDE, SWAYS

1-2-3-4 RF step forward, LF step side & sway hips L-R-L

Restart: In wall 5 dance until count 21 and restart, this count will be the first count of your new wall (9:00)