

Gone Girl

拍數: 48 牆數: 2 級數: Intermediate WCS
編舞者: Nicola Lafferty (UK) - April 2017
音樂: Gone Girl - Chris Bandi : (Single)



Count In: 16 Count Intro

Note: There is a Restart after 32 counts on Wall 5. See below.

[1-8] □ □ Ball-change Back, Walk, ¾ turn, Weave, 2 x Bounces

- &1 Rock back with the ball of the RF, Step fwd on the LF
- 2 Step RF fwd
- 3& Step LF fwd, make ½ pivot turn over R shoulder taking weight to RF (face 6.00)
- 4 Make ¼ turn R stepping LF to L side (face 9.00)
- 5&6 Cross RF behind LF, Step LF to L side, Cross RF over LF
- 7,8 Keeping feet in the crossed position, bump knees twice as you make a ¾ turn over L shoulder back to 12.00

[9-16] □ □ Ball-change to Side, Cross, Rock & Cross, Swing Walks, Sweep

- &1 Rock ball of RF to R side, recover weight to LF
- 2 Cross RF over LF
- 3&4 Rock LF to L side, recover weight to RF, Cross LF over RF
- 5,6,7 Swing Walks back R, L, R (keep these small, don't travel too far □back!)
- 8 Step back onto LF as you start to sweep RF from front to back (face 12.00)

[17-24] □ □ Hold, Behind, Side, Hold, Side Switches, Head Nod

- 1 Hold/Hesitate
- 2& Finish sweep and cross RF behind LF, Step LF to L side
- 3 Hold
- &4 Close RF to LF, Touch LF to L side
- &5 Close LF to RF, Touch RF to R side
- &6 Close RF to LF, Touch LF to L side
- &7 Close LF to RF, Touch RF to R side
- 8 Hold in position and nod head to 10.30

[25-32] □ □ Diagonal Push Ballchanges, Push ½ Turn, Full Turn

- 1&2 Angling to face L diagonal (10.30), close ball of RF next to LF & push down through the foot as you slide the LF back, rock back on LF, step RF in place
- 3&4 Staying angled to 10.30, close ball of LF next to RF & push down through the foot as you slide the RF back, rock back on RF, □step LF in place
- 5 Staying angled to 10.30, close ball of RF next to LF & push down through the foot as you slide the LF back
- 6 Make ½ turn over your L shoulder stepping LF fwd (face 4.30)
- 7 Make ½ turn L stepping RF back
- 8 Make ½ turn L stepping LF fwd (face 4.30)

* Restart here on Wall 5

[33-40] □ □ Triples to Diagonals, Rock Recover, ½ Turn, Rock Recover

- 1&2 Facing L diagonal, do a R triple step (R,L,R) (face 4.30)
- 3&4 Make ¼ turn R to face R diagonal (face 7.30) as you do a L triple step (L,R,L)
- 5,6& Square up to 6.00 as you rock RF to R side, Recover weight to LF, Make ½ turn over your R shoulder as you close RF to LF (face 12.00)

7,8 Rock LF to L side, Recover weight to RF (face 12.00)

[41-48] □ Triples to Diagonals, ½ Pivot Turn R, Triple with Full Turn

1&2 Facing R diagonal (1.30) do a L triple step (L,R,L)

3&4 Making ¼ turn L to L diagonal (10.30) do a R triple step (R,L,R)

5,6 Squaring up to 12.00 Step LF fwd, make ½ Pivot turn over R shoulder, taking weight to RF

7&8 Travelling fwd over R shoulder, make a full turn stepping L,R,L □ (face 6.00)

(*easier alternative – miss out the turn and do a triple step fwd) □

Begin Again
