

Come And Go

拍數: 126 牆數: 1 級數: Phrased All Levels
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音樂: Years May Come Years May Go - Herman's Hermits



Sequence: A/B/A/B/A/B/B

A: 61 counts

A1 – STEP/LOCK/STEP /TOUCH

1-4 Step forward R- lock L behind R- step forward R-touch L beside R
5-8 Step forward L- lock R behind L-step forward L-touch R beside L

A 2- ROCKING CHAIR/ PIVOT HALF TURN/ TOUCH / HOLD

1-4 Rock forward on R- recover on L-rock back on R – recover on L
5-6 Step forward on R- pivot half turn L
7-8 Touch R beside L – hold

A 3- CROSS SIDE SAILOR

1-2 Cross R over L – step L to side
3&4 Sweep R behind L [weight on ball of L] Recover on R
5-6 Cross L over R- step R to side
7&8 Sweep L behind R [weight on ball of R] recover on L

A 4- STEP & POINTS

1-2 Step forward on R- Point L to L side
3-4 Step forward on L- Point R to R side
5-6 Step forward on R- Point L to L side
7-8 Step forward on L- Point R to R side

REPEAT SECTIONS A1-A2-A3

A 5- STEP/ POINT/ TOUCH

1-2 Step forward on R- point L to L side
3-4 Step forward on L – point R to R side
5- Touch R beside L

END OF A □ [VERSE] □ □

B: 65 counts

B 1 – VINE WITH A TOUCH/ SIDE TOUCHES

1-4 Step R to side – step L behind R- step R to side- touch L beside R
5-8 step L to side –touch R beside L- step R to side – touch L beside R

B 2 – VINE QUARTER TURN TOUCH/ SIDE TOUCHES

1-4 Step L to L side – step R behind L- step L quarter turn L- touch R beside L
5-8 Step R to side – touch L beside R- step L to side- touch R beside L

B 3 – REPEAT SECTION B1 –B2

B 4- REPEAT SECTIONS B1-B2

B 5 - VINE WITH A TOUCH/ SIDE TOUCHES/ STEP

1-4 Step R to side – step L behind R- step R to side – touch L beside R
5-8 Step L to side – touch R beside L- step R to side – touch L beside R

B 6 - VINE QUARTER TURN TOUCH/ SIDE TOUCHES/ STEP

1-4 Step L to side – step R behind L- step L quarter turn L- touch R beside L

5-8 Step R to side – touch L beside R- step L to side – touch R beside L

9 Step R down to R side [CHORUS]

END OF B.....B CAN BE DANCED HOLDING HANDS WITH THE PERSON NEXT TO YOU [OPTIONAL]

Don't forget to sing-a-long!

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