

It's Sad But It's True

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Katja Østerby (DK) & Julie Englund Hansen (DK) - September 2017
音樂: Too Good at Goodbyes - Sam Smith



Intro: 32 counts (start on the word 'I'm')

Side R, Back Rock L, Side L, Back Rock R, Walk RL, Anchor Step R,

1-2& Step R to R side (1), rock L behind R (2) recover onto R (&)
3-4& Step L to L side (3), rock R behind L (4), recover onto L (&)
5-6 Step R forward (5), Step L forward (6)
7&8 Step R behind L in 3rd Position (7), step down onto L (&), step back on R (8)

Turn 1/2 Over L shoulder x3, Lock Forward R, Rock L Fwd, Step R Back

1-2-3 1/2 turn over L stepping forward onto L (1), 1/2 turn over L stepping back onto R (2), 1/2 turn over L stepping forward onto L (3)
4&5 Step R forward (4), lock L behind R (&), step R forward (5)
6-7-8 Rock L forward (6), recover back onto R (7), step L back grinding R heel (8)

* Restart here during wall 3

R Back With A Body Roll And Snap, R Fwd, 1/2 Over L Shoulder x2, 1/4 Over L shoulder, Sailor Step L

1-2 Touch R back (1), do a body roll stepping down onto R clicking R fingers back as you look back over your R shoulder (2)
3-4 Step L forward (1), 1/2 turn over L stepping back onto R (4)
5-6 1/2 over L stepping L fwd (5), 1/4 turn over L stepping R to R side (6)
7&8 Step L behind R (7), step R to R side (&), step L to L side (8)

Behind Side Fwd R, Step 1/2 Over R Shoulder, 1/2 Over R Hitching R Knee, R Behind, 1/4 L Over L Shoulder, 1/2 Over L Shoulder x2

1&2 Step R behind L (1), step L to L side (&), step R forward (2)
3-4 Step L forward (3), 1/2 over R stepping down onto R (4)
5-6-7 1/2 over R stepping back onto L hitching R knee (5), step R behind L (6), 1/4 over L stepping forward onto L (7)
8& 1/2 over L stepping back onto R (8), 1/2 over L stepping L forward (&)

After completing Wall 1

ADD an extra 1/4 turn over L to begin the dance again on every wall.

*Restart: in wall 3, after 16 counts

Ending wall 9 starts on 9 o'clock, do the 32 counts then add 1/2 over L shoulder sweeping L 1/4 over L shoulder to finish the dance towards 12 o'clock (note: the music slows down during this wall, slow down the last 8 counts of the dance)

Last Update - 9th March 2018