

How To Forget

拍數: 64 牆數: 2 級數: Low Intermediate
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音樂: How to Forget - Jason Isbell



Intro 16 counts

Tip: For sections 1 to 4, you always turn right, except for count 5, sections 2 and 4 where you turn left.

SCT 1: Cross, Back, 1/4 Chassé forward, Step Pivot 1/2, Chassé forward

1 – 2 Cross RF over LF, Step LF back
3 & 4 1/4 turn right stepping RF fwd, Step LF next to RF, Step RF fwd [3:00]
5 – 6 Step LF fwd, 1/2 turn right [9:00]
7 & 8 Step LF fwd, Step RF next to LF, Step LF fwd

SCT 2: Side Chassé, 1/2 turn Side Chassé, 1/4 turn Side Chassé, 1/2 turn Side Chassé

1 & 2 Step RF to the right side, Step LF next to RF, Step RF to the right side
3 & 4 1/2 turn right stepping LF to the left side, Step RF next to LF, Step LF to the left side [3:00]
5 & 6 1/4 turn left stepping RF to the right side, Step LF next to RF, Step RF to the right side
 [12:00]
7 & 8 1/2 turn right stepping LF to the left side, Step RF next to LF, Step LF to the left side [6:00]

SCT 3 = SCT1

(starts facing 6:00, ends facing 3:00) [3:00]

SCT 4 = SCT 2

(starts facing 3:00, ends facing 12:00) [12:00]

SCT 5: Cross Rock, 1/4 Turn Side, Cross, Side, Cross Back Rock, Side

1 – 2 Cross RF over LF, Recover on LF
3 – 4 1/4 turn right stepping RF to the right side, Cross LF over RF [3:00]
5 – 6 Step RF to the right side, Rock LF behind RF
7 – 8 Recover on RF, Step LF to the left side

SCT 6: Cross Rock Back, 1/4 Turn Side, Behind, Side, Cross Rock, Side

1 – 2 Cross RF behind LF, Recover on LF
3 – 4 1/4 turn left stepping RF to the right side, Cross LF behind RF [12:00]
5 – 6 Step RF to the right side, Rock LF over RF
7 – 8 Recover on RF, Step LF to the left side

SCT 7: Step x2, Step Pivot 1/2, 1/2 Back, Slow Coaster step

1 – 2 Step RF forward, Step LF forward
3 – 4 Step RF forward, 1/2 turn left stepping LF forward [6:00]
5 – 6 1/2 turn left stepping RF backward, step LF back [12:00]
7 – 8 Step RF next to LF, Step RF forward

SCT 8: Rock Forward, Chassé 1/2, Step, Touch, Kick-Ball-Step

1 – 2 Rock RF forward, Recover on LF
3 & 4 1/4 turn right stepping RF to the right side, LF next to RF, 1/4 turn right stepping RF forward
 [6:00]
5 – 6 Step LF forward, Touch RF next to LF
7 & 8 Kick RF, Step RF next to LF, Step LF forward

TAG: END OF WALL 3 facing [6:00]

TAG: K-Step

- 1 – 2 Step RF to the right front diagonal, Touch LF next to RF
- 3 – 4 Step LF to the left back diagonal, Touch RF next to LF
- 5 – 6 Step RF to the right back diagonal, Touch LF next to RF
- 7 – 8 Step LF to the left front diagonal, Touch RF next to LF

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