

Forgive Me Friend

拍數: 64 牆數: 4 級數: Easy Improver
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音樂: Forgive Me Friend - Smith & Thell : (Album: Telephone Wires - Ep - Itunes)



Intro: 32 count

Side, Hold, Back Rock Right and Side, Hold, Back Rock Left,

- 1 – 2 Long step right to right side, hold
- 3 – 4 Rock left behind right, recover onto right
- 5 – 6 Long step left to left side, hold
- 7 – 8 Rock right behind left, recover onto left

1/2 Rumba Box Forward Right, Touch, Point Left, Out, In, Out, In

- 1 – 2 Step right to right side, step left beside right
- 3 – 4 Step right forward, touch left beside right
- 5 – 6 Point left to left side, touch left beside
- 7 – 8 Point left to left side, touch left beside right

1/2 Rumba Box Back Left, Touch, Point Right Out, In, Out, In

- 1 – 2 Step left to left, step right beside left
- 3 – 4 Step left back, touch right beside left
- 5 – 6 Point right to right side, touch right beside left
- 7 – 8 Point right to right side, touch right beside left

Jazz Box with 1/4 Turn Right x 2

- 1 – 2 Step right over left, step left back
- 3 – 4 1/4 turn right stepping right to right, left beside right
- 5 – 6 Step right over left, step left back
- 7 – 8 1/4 turn right stepping right to right, left beside right

Shuffle Forward Right and Left, Rocking Chair

- 1 & 2 Step right forward, step left beside right, step right forward
- 3 & 4 Step left forward, step right beside left, step left forward
- 5 – 6 Rock right forward, recover onto left
- 7 – 8 Rock right back, recover onto left

1/8 Paddle Turn Left x 2, Walk Right, Hold and Clap, Walk Left, Hold and Clap

- 1 – 2 Step right forward, 1/8 turn left
- 3 – 4 Step right forward, 1/8 turn left
- 5 – 6 Walk right forward, hold and clap
- 7 – 8 Walk left forward, hold and clap

Side Touch, Kick Ball Change, Right and Left

- 1 – 2 Step right to right, touch left beside right
- 3 & 4 Kick left forward, step left on ball beside right, step down on right
- 5 – 6 Step left to left, touch right beside left
- 7 & 8 Kick Right forward, step right on ball beside left, step down on left

K- Step

- 1 – 2 Step Right to right diagonal, touch L beside right
- 3 – 4 Step left to left back diagonal, touch right beside left

5 – 6 Step right to right back diagonal, touch left beside right
7 – 8 Step left to left diagonal, touch right beside left

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Last Update - 25 Nov. 2018
