

Before I Go

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Colleen Archer (AUS) - January 2019
音樂: Before I Go - Guy Sebastian : (CD: Single - iTunes - 3:30)



For Tiahna

Intro: 8 counts SP: Weight R BPM: 128 Version: 1 Rotation: ½ CCW

Forward, Touch, Samba, Rock Side, Turn ¼ & Recover, Turn ¼ & Shuffle

1, 2 Step R forward, Touch L beside R and click R fingers at shoulder height
3 & 4 Rock step L to left side, Recover R, Step L across R
5, 6 Rock step R to right side, Turn ¼ right and recover L
& 7 & 8 Turn ¼ right & step R to right side, Step L beside R, Step R to right side (6)

Rock Forward, Recover, Coaster, ½ Pivot, Full Turn

1, 2 Rock step L forward, Recover R
3 & 4 Step L back, Step R beside L, Step L forward
5, 6 Step R forward, Turn ½ left taking weight on L
7 & 8 Step R forward, Turn ½ right and step L back, Turn ½ right and step R forward (12)

Cross Rock, Recover, Tog, Across, Side, Sailor, Behind, Turn ¼ & Forward

1, 2 & Rock step L across R, Recover R, Step L to left side
3, 4 Step R across L, Step L to left side
5 & 6 Step R behind L, Rock step L to left side, Recover R
7 & 8 Step L behind R, Turn ¼ right and step R forward, Step L forward (3)

Rock Forward, Recover, Lock Shuffle, Rock Back, Rec, Tog, Rock Forward, Recover

1, 2 Rock step R forward, Recover L
3 & 4 Step R back, Lock L across R, Step R back
5, 6 & Rock step L back, Recover R, Step L beside R
7, 8 Rock step R forward, Recover L (3)

Back, Turn ½ and Forward, Turn ¼ & Samba, Samba, Forward, Turn ½ & Sweep

1, 2 Step R back, Turn ½ left and step L forward
3 & 4 Turn ¼ left and rock step R to right side, Recover L, Step R across L
5 & 6 Rock step L to left side, Recover R, Step L across R
7, 8 Step R forward, Turn ½ left while sweeping L around toward back (12)

Reverse Rocking Chair, Together, Shuffle, Forward, Drag & Touch

1, 2 Rock step L back, Recover R
3, 4 & Rock step L forward, Recover R, Step L beside R
5 & 6 Step R forward, Step L beside R, Step R forward
7, 8 # Step L forward, Touch R beside L (restart) (12)

(48)

Sailor, Sailor/Heel, Together, ¼ Paddle, X-Shuffle

1 & 2 ** Step R behind L, Rock step L to left side, Recover R (add finish)
3 & 4 Step L behind R, Rock step R to right side, Touch L heel 45° left
& 5, 6 Step L slightly back, Step R forward, Turn ¼ left taking weight on L
7 & 8 Step R across L, Step L to left side, Step R across L (9)

Rock side, Rec, Behind, Side, Forward, Lock Shuffle, ¼ Turning Coaster

1, 2 Rock step L to left side, Recover R
3 & 4 Step L behind R, Step R to right side, Step L forward
5 & 6 Step R back, Lock L across R, Step R back
7, 8 Step L back, Step R beside L, Turn ¼ left and step L forward (6)

Begin dance again.....

Restart: # Wall TWO, dance first 48 counts and begin Wall 3 facing 6 o'clock.

Tag: Complete Wall FOUR, dance a Right Rocking Chair and start Wall 5 facing 6 o'clock.

Finish: ** Wall FIVE, dance first 50 counts (sailor)

Turning ½ left, sweep L behind R, Rock step R to right side, Recover L

Dance may be copied and distributed provided original steps remain unchanged.

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