

Gone West

拍數: 32 牆數: 2 級數: Improver
編舞者: Alexandra Schmitt (DE) - April 2019
音樂: Gone West - Gone West



Notes: 2 Restarts
Dance starts after 16 counts.

S1: Skate R + L, Shuffle Forward, Rock Forward, Shuffle Back Turning ½ L

1-2 Skate R (1), skate L (2)
3&4 Step forward on R (3), step L next to R (&), step forward on R (4)
5-6 Step forward on L (5), recover weight back onto R (6)
7&8 ½ turn left stepping L (7), R (&), L (8) (6:00)

(Restart: Wall 4 at 12:00)

(Restart: Wall 8 at 12:00)

S2: Side, Behind, Side, Cross, Side, Hip Sways, Sailor Step Turning ¼ L

1-2 Step R to right (1), step L behind R (2)
&3-4 Step R to right (&), cross L over R (3), step R to right (4)
5-6 Sway L (5), sway R (6),
7&8 ¼ turn left stepping L behind R (7), step R next to L (&), step forward on L (8) (3:00)

S3: Kick-Ball-Point, Cross, Point, Locking Shuffle Forward, Step, ½ Turn R, Step

1&2 Kick R forward (1), step R next to L (&), point L to left (2)
3-4 Cross L over R (3), point R to right (4)
5&6 Step forward on R (5), lock L behind R (&), step forward on R (6)
7&8 Step forward on L (7), ½ turn right (weight on R) (&), step forward on L (8) (9:00)

S4: Heel & Heel & Heel, Hook, Step, Cross Rock, Sailor Step Turning ¼ L

1&2 R Heel forward (1), step R next to L (&), L Heel forward (2)
&3&4 Step L next to R (&), R Heel forward (3), Hook R in front of L (&), step forward on R (4)
5-6 Step L across R (5), recover weight back onto R (6)
7&8 ¼ turn left stepping L behind R (7), step R next to L (&), step forward on L (8) (6:00)

Start again.

Last Update - 17 April 2019