

Before I Go

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - February 2019
音樂: Before I Go - Guy Sebastian



Intro .. 8 Counts

Back, Drag, Coaster Step, Step, Anchor Step, 1/2.

- 1-2 Step back on Left, drag Right towards Left.
3&4 Step back on Right, step Left next to Right, step Right forward.
5-6&7 Step forward on Left, lock/rock Right behind Left, recover forward on Left, step back on Right.
8 Make 1/2 turn to Left stepping forward on Left sweeping Right from back to front. (6.00)

Hitch, Cross, Scissor Cross, 1/4, 1/2, Rock Step.

- 1-2 Hitch Right knee up and across Left, cross step Right over Left.
3&4 Step Left to Left side, step Right next to Left, cross step Left over Right.
5-6 Make 1/4 turn to Left stepping back on Right, make 1/2 turn to Left stepping forward on Left. (9.00)
7-8 Rock forward on Right, recover back on Left.

Back, Twist, Twist, 1/2 Sweep, Behind & Cross, Rock Step.

- 1-2 Step back on Right, twist both heels to Left as you make 1/2 turn to Right. (3.00)
3-4 Twist both heels to Right as you make 1/2 turn to Left, make 1/2 turn to Left stepping back on Right sweeping Left from front to back. (3.00)
5&6 Cross step Left behind Right, step Right to Right side, cross step Left over Right.
7-8 Rock Right to Right side, recover side Left.

Behind. 1/4, Step, 1/2, Run, Run, Run, Rock Step.

- 1-2 Cross step Right behind Left, make 1/4 turn Left stepping forward on Left. (12.00)
3-4 Step forward on Right, make 1/2 turn to Right stepping back on Left. (6.00)
5&6 Make 3/4 Arc stepping R-L-R (3.00)
7-8 Rock forward on Left, recover back on Right.

Back, Together, 1/4 Cross Shuffle. 1/4, 3/4 Dip, Side Rock Cross.

- 1-2 Step back Left, step Right next Left.
3&4 Make 1/4 turn to Left cross stepping Left over Right, step Right to Right side, cross step Left over Right. (12.00)
5-6 Make 1/4 turn to Right stepping forward on Right, step Left next to Right as you bend both knees and unwind upwards 3/4 turn to Right ending with weight on Left. (12.00)
7&8 Rock Right to Right side, recover side Left, cross step Right over Left.

Side Rock, Recover, Behind & Cross, Side, 1/4, 1/4, 1/8 Diagonal Cross Shuffle.

- 1-2 Rock Left to Left side, recover side Right.
3&4 Cross step Left behind Right, step Right to Right side, cross step Left over Right.
5-6 Step Right to Right side, make 1/4 turn to Left stepping Left to Left side. (9.00)
7&8 Make 1/8 turn to Right as you cross step Right over Left, step Left to Left side, cross step Right over Left (10.30)

(You will be facing 10.30 but travelling towards 7.30 diagonal)

1/4, 1/2, 1/2, 1/2, Step, Rock, Recover, Back Sweep, Back Sweep.

- 1-2 Make 1/4 turn to Right stepping back on Left (1.30) make 1/2 turn to Right stepping forward on Right. (7.30)

- 3&4 Make 1/2 turn to Right stepping back on Left (1.30) make 1/2 turn to Right stepping forward on Right, step forward on Left (7.30)
- 5-6 Rock forward on Right, recover back on Left.
- 7-8 Step back on Right sweeping Left from front to back, step back on Left sweeping Right from front to back.

1/8 Sailor, Back Rock, Recover, 1/4, Step 1/2, 1/4, Drag Touch.

- 1&2 Cross step Right behind Left, make 1/8 turn to Left stepping Left to Left side, step Right to Right side. (6.00)
- 3-5 Cross rock Left behind Right, recover forward on Right, make 1/4 turn to Left stepping forward on Left.(3.00)
- 6&7 Step forward on Right, make 1/2 pivot turn to Left, make 1/4 turn to Left stepping Right to Right side.(6.00)
- 8 Drag Left toward Right touching Left next to Right.

Restart Wall 2..

Dance Up To & Including Count 6 Section 6 Then Change 7&8 to..

- 7-8 Make 1/4 Turn to Left stepping Right to Right side, Drag Left towards Right touching Left Toe next to Right.

Tag at End Of Wall 4

- 1-2 Step Left to Left side, step Right next to Left.
- 3-4 Step back On Left, step Right next to Left.

Ending .. Dance Up to & Including Count 2 of Section 7 on Wall 5.. Then Step 1/2 Pivot Step to Front :)
