

Learn to Forget

拍數: 48 牆數: 2
編舞者: Lesley Kidd (UK) - February 2020
音樂: Learn to Forget - Sonique

級數: Intermediate waltz



INTRO: 24 Counts. Start on vocals

Section 1: Cross rock, recover, side, weave R

1-2-3 Cross rock R over L, recover onto L, step R to R side
4-5-6 Step L across R, step R to R side, step L behind R

Section 2: R side rock, recover, step across, spiral ½ turn

1-2-3 Side rock R, recover on L, step R across L
4-5-6 Step L to side, make ½ turn R lifting R foot, step forward R to R diagonal (7:30)

Section 3: Rock forward, recover, step back, back, hook

1-2-3 Facing R diagonal rock forward L, recover on R, step back L
4-5-6 Step back R, Hook L foot across R, step forward L

Section 4: Step pivot ½, triple full turn

1-2-3 Step forward R, pivot ½ turn L over 2 counts, keeping weight on R (1:30)
4-5-6 Step forward L, turn ½ L, stepping back R, turn ½ Left stepping L forward

Section 5: Cross, back, back X2

1-2-3 Cross R over L, step back L, step back R
4-5-6 Cross L over R, step back R, step back L

Section 6: Step, ronde hitch, cross, ¼ turn, ¼ turn

1-2-3 Step forward R, Hitch L bringing leg from back to front, over 2 counts
4-5-6 Cross L over R, turn ¼ L stepping back on R, turn ¼ L stepping forward L (9:00)

Section 7: Basic waltz forward, ¼ turn, rock back, recover

1-2-3 Step forward R, step L beside R, step R beside L
4-5-6 Turn ¼ L stepping R L to L side, rock back R, recover onto L (6:00)

Section 8: Side, together, back, side together, forward

1-2-3 Step R to R side, step L beside R, step back R
4-5-6 Step L to L side, step R beside L, step forward L

Tags:

Tag 1, Danced at the end of walls 1 and 3

1-2-3 Rock R across L, recover onto L, Touch R beside L

Tag 2, Danced on wall 2 after count 9

1-2-3 Rock L to L side, recover onto R, step L beside R, restart dance.