

Don't Fall To Pieces

拍數: 24 牆數: 2 級數: Improver
編舞者: Dick Rogers (USA) & Nancy Rogers (USA) - April 2020
音樂: I Fall to Pieces - Sam Rockwell



Any suitable music in the 90-110 bpm range

Note: No Tags or restarts

STEP R, BEHIND, STEP ¼ R, KICK OR POINT L TOE, BACK, STEP ¼ R, CROSS, POINT

- 1-2 Step RF to R (1), step LF behind RF (2)
- 3-4 Turn ¼ R and step RF FWD (3), kick (or point) LF FWD (4) (3:00)
- 5-6 Step LF back (5), turn ¼ R and step RF to R (6)
- 7-8 Step LF across RF (7), point RF to R (8) (6:00)

EVEN RHYTHM CUBAN BREAKS, ¼ L AND CHASSE R, ROCK, RECOVER, ½ L

- 1-4& ER Cuban break: Cross rock RF over LF (1), recover on LF (2), rock back diagonal R on RF (3), recover on LF (4), pivot ¼ L on ball of LF(&) (3:00)
- 5&6 Chasse R,L,R to R (5&6) (3:00)
- 7-8& Rock back diag R on LF (7), recover on RF (8), pivot ½ L on ball of RF (&) (9:00)

CROSSING SHUFFLE R, SIDE, ¼ L AND SIDE L, WEAVE WITH PRESS STEP AT END

- 1&2 Crossing shuffle L,R,L (1&2) (9:00)
- 3-4 Step RF to R and pivot ¼ L on ball of RF (3), step LF to L (4) (6:00)
- 5-8 Weave L: Cross RF over LF (5), step LF to L (6), cross RF behind LF (7), press* step LF to L as preparation to change direction to R (8)

Variation: Syncopated weave (5&6&7&8&)

START OVER
