

It's Gold

拍數: 48 牆數: 2 級數: High Improver
編舞者: Antoinette Seiler (UK), Rob Fowler (ES) & I.C.E. (ES) - August 2020
音樂: Gold - Jeremy Loops



(2 Restarts in Walls 2 & 4 and 1 Bridge in Wall 5)
Intro: 32 counts – start on vocals (approx. 22 secs)

S1: Walk R, Walk L, Anchor Step, ½ Turn L, ¼ Turn L, L Sailor

1,2 Walk forward R, walk forward L
3&4 Step R behind L, transfer weight to L, recover weight back on R
5,6 Make ½ turn L stepping forward L, making ¼ turn L stepping R to R side
7&8 Step L behind R, step R to R side, step L to L side (3 o'clock)

S2: Cross R, Side Rock, Recover, Cross L, Point R, Full Monterey, Point L, L Coaster

1&2 Cross R over L, rock L to L side, recover on R
3,4 Cross L over R, point R to R side
5,6 Full Monterey turn R stepping R next to L, point L to L side
7&8 Step back L, step R next to L, step forward L (3 o'clock)

S3: Switches R & L, Heels R & L, & Touch R, & L Heel, L Coaster

1&2& Point R to R side, step R next to L, point L to L side, step L next to R
3&4 Touch R heel forward, step R next to L, touch L heel forward
&5&6 Step onto L, touch R next to L, step back on R, touch L heel forward
7&8 Step back L, step R next to L, step forward L (3 o'clock)

S4: Step R, Pivot ½ L, ½ Turn Shuffle, Sweep L Behind, ¼ Turn R, Step L, ½ Turn R

1,2 Step forward R, pivot ½ turn L
3&4 Make another ½ turn L stepping back R, step L next to R, step back R
5,6 Sweeping L behind R, make ¼ turn R stepping forward on R
7,8 Step forward L, make ½ turn R keeping weight on L (12 o'clock)

RESTARTS: Restart here in Wall 2 (facing 6 o'clock) and Wall 4 (facing 12 o'clock)
***BRIDGE: See note below about BRIDGE here in Wall 5**

S5: R Toe Strut, Boogie Walks L,R,L, R Kick Ball Step, Step R ¼ Turn L, Drag L

1,2 Touch R toes forward, step down on R
3&4 Small step forward on ball of L, small step forward on ball of R, small step forward on ball of L (keeping knees together)
5&6 Kick R forward, step R next to L, step forward L
7,8 Make ¼ turn L stepping large step R to R side, drag L up to R (9 o'clock)

S6: & Cross R, Side L, R Sailor ¾ Turn, Side Rock, Recover, L Behind, Side Rock, Recover, R Behind, Side L, R Knee Pop

&1,2 Step L next to R, cross R over L, step L to L side
3&4 Sweep R behind L making ¼ turn R, make another ¼ turn R stepping L next to R, make another ¼ turn R crossing R over L (to complete ¾ turn R)
5&6 Rock L to L side, recover on R, step L behind R
&7& Rock R to R side, recover on L, step R behind L
8 Step L to L side dragging R towards L and popping R knee (6 o'clock)

Start Over

***BRIDGE: During Wall 5 dance up to and including count 32, add the following 8 counts facing 12 o'clock, then continue the dance from Section 5. R Toe Strut, ½ Turn L Toe Strut, R Toe Strut, ½ Turn L Toe Strut**

- 1,2 Touch R toes forward, step down on R
- 3,4 Make ½ turn L touching L toes forward, step down on L
- 5,6 Touch R toes forward, step down on R
- 7,8 Make ½ turn L touching L toes forward, step down on L

ENDING: During Wall 6 dance up to and including count 32, add the following 5 counts to finish facing 12 o'clock.

Walk R, Walk L, ½ Turn L, L Sailor Step Fwd

- 1,2,3 Step forward R, step forward L, make ½ turn L stepping back R
 - 4&5 Sweep L behind R, step R to R side, step L forward
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