

Sadness

拍數: 32 牆數: 2 級數: Advanced NC
編舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - October 2020
音樂: Sadness - Connor Duermit : (iTunes, etc. - 4:07)



Intro: 4 counts from very first beat in music (app 5. secs into track). Start with weight on L foot

Restart: On wall 2 (starts at 6:00), after 16 counts, now facing 12:00

Ending: When finishing off your last wall facing 6:00 step R fwd and slowly turn ½ L to face 12:00

[1 - 8] R fwd, ¼ L, weave, behind side cross 1/8 R hitch, back RL, R back rock, full turn

- 1 - 2 Step R fwd (1), turn ¼ L stepping onto L (2) 12:00
&3& Cross R over L (&), step L to L side (3), cross R behind L sweeping L to L side (&) 9:00
4&5 Cross L behind R (4), step R to R side (&), turn 1/8 R stepping L fwd hitching R knee (5)
10:30
6&7 - 8 Step back on R (6), step back on L (&), rock back on R looking over R shoulder (7), recover
fwd onto L (8) 10:30
&a Turn ½ L stepping back on R (&), turn ½ L stepping fwd on L (a) 10:30

[9 - 16] Step ½ L, run LR, L basic, full turn box L, R step lock step, step L fwd

- 1&2& Step R fwd (1), turn ½ L on R (&), step L fwd (2), step R fwd (&) 4:30
3 - 4& Turn 1/8 R stepping L a big step to L side (3), close R behind L (4), cross L over R (&) 6:00
5&6& Making ¼ L Step R back (5), turn ¼ L stepping L fwd (&), turn ¼ L stepping R back (6), turn
1/4 L stepping L fwd (&) 6:00
7&8& Step R fwd (7), lock L behind R (&), step R fwd (8), step L fwd (&) ... * restart on wall 2, facing
12:00 6:00

[17 - 25] ¼ L side R, touch, 1 1/8 L, hitch, ½ L, full spiral, fwd R, ½ R, 5/8 R leg lift, L cross rock

- 1& Turn ¼ L stepping R to R side reaching R arm fwd (1), touch L next to R pulling R arm in
prepping body slightly R (&) 3:00
2&3& Turn ¼ L stepping L fwd (2), turn ½ L stepping back on R (&), turn 3/8 L stepping L fwd (3),
hitch R knee slowly (&) 1:30
4&5& Step R fwd (4), turn ½ L on R (&), step down on L (5), spiral a full turn R on L (&) 7:30
6&7 Step R fwd (6), turn ½ R stepping back on L (&), turn ½ R stepping onto R foot lifting L leg
fwd and up AND turning 1/8 R on R (7) ... 9:00

(Terminology for leg lift: rond de jambe)

- 8 - 1 Cross rock L over R (8), recover back on R hitching L knee (1) ... Styling for cross rock: bend
in knees and collapse in upper body (8), straighten body (1) 9:00

[26 - 32] Behind side, L cross rock, side L, R cross rock, R side rock, behind ¼ L, full turn L

- 2&3 Cross L behind R (2), step R to R side (&), cross rock L over R (3) 9:00
4& Recover back on R (4), step L to L side (&) 9:00
5&6& Cross rock R over L (5), recover back on L (&), rock R to R side (6), recover on L (&) 9:00
7& Cross R behind L (7), turn ¼ L stepping L fwd (&) 6:00
8& Turn ½ L stepping back on R (8), turn ½ L stepping fwd on L (&) ...

**Turny option: add another full turn which make the counts 8e&a: Turn ½ L stepping back on R (8), turn ½ L
stepping fwd on L (e), turn ½ L stepping back on R (&), turn ½ L stepping fwd on L (a) 6:00**

Start again

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