

My Bucket List

拍數: 94 牆數: 2 級數: Phrased Intermediate
編舞者: Noel Bowes Bonham (UK) - March 2022
音樂: Bucket List - Mitchell Tenpenny & Danny Gokey



Many thanks to Jeni Bradshaw for introducing me to this track

16 count intro

Section A: 48c

Rock recover coaster step, Rock recover coaster step

- 1,2,3&4 Rock forward onto right foot, recover onto left, step back onto right foot close left foot next to right, step forward onto right.
- 5,6,7&8 Rock forward onto left foot, recover onto right, step back onto left, close right next to left, step forward onto left.

Step pivot ½ shuffle, Step pivot ½ shuffle

- 1,2,3&4 Step forward onto right, pivot half turn onto left. Step forward right, close left to right, step forward onto right.
- 5,6,7&8 Step forward onto left, pivot ½ turn onto right foot. Step forward onto left foot, close right to left, step forward onto left.

Side rock recover, side close side. Cross rock ¼ ½

- 1,2,3&4 Step right foot to right side, recover weight onto left, step to the right, close left foot to right, step right foot to right side.
- 5,6,7,8 Cross left foot over right foot, recover weight onto right. Step ¼ turn onto left foot, ½ turn onto right. (turning over left shoulder)

Rock back recover cross shuffle. Step sailor ¼ step

- 1,2,3&4 Rock back onto left foot, recover weight onto right foot. Cross left foot over right, step right foot to right, cross left foot over right. 1:30
- 5,6,&,7,8 Step onto right foot, ¼ sweep left foot step back onto it, close right foot next to it, step forward onto left. 10:30 step forward onto right.

Step rocking chair step. Walk walk rocking chair

- 1,2,&3&4 Step forward left. Rock forward onto right, recover weight onto left, step back onto right, recover weight onto left. Step forward onto right foot.
- 5,6,7&8&, Step forward left right, rock forward onto left recover onto right, rock back onto left, recover onto right

Jazz box ¼, cross shuffle, sway,sway

- 1,2,3,4 Step forward onto left foot, cross right foot over left, step back onto left, ¼ turn onto right foot.
- 5,&6,7,8 Cross left over right, step right to right side. Cross left foot over right. Step onto right and sway right , left

Section B: 46c

Out,out hitch, right lock, Pivot1/2

- 12,3,4& Step out to the right, step out to the left. Hitch the right foot, hold for 1 count.
- 5,6,7,8, Step forward onto right, lock the left foot behind the right, step onto the right. Step onto the left, 1/2 pivot onto the right. Step onto left foot

full turn,rock recover. Sweep sweep coaster step

- 1,2,3,4 ½ turn onto right, ½ turn onto left. (turning to the left) rock forward onto right foot, recover weight onto left,

5,6,7,& 8 sweeping right. Step back onto right, sweep step back onto left. Step back onto right foot, close left next to right, step forward onto right.

Step, jazz box ¼ cross shuffle, Sway,sway

1,2,3,4 Step onto left. Cross right over left, step back onto left, ¼ turn onto right

5&6,7,8 cross left over right, step right to right side, Cross left over right. Step onto right foot and sway right ,left

Sailor ¼ pivot ¼ x shuffle, Sway, sway

1,&2,3,4 Sweep right foot, step back onto it turning to the right. Step left next to right , step forward onto right to complete ¼ turn right. Step forward onto left, pivot ¼ turn onto right.

5,&6,7,8 Cross left foot over right, step right to right side, cross left over right. Step onto right and sway right, sway left onto left.

Side close right lock forward. Rock recover lock step back

1,2,3,&4 Step right to right side, close left next to right. Step forward onto right, lock left behind right, step forward onto right.

5,6,7,&8 Rock forward onto left, recover weight onto right. Step back onto left, lock right over left, step back onto left.

Coaster step, sway x3 hold

1&2,4,5,6 Step back onto right, close left next to right, step forward onto right. Step left to left side and sway left, right, left, hold for 1 count.

Restarts - Step change wall 2

Step change on count 29 replace sailor step with.: Sway right to right side, recover weight onto left, step right behind left, step to the left.

Restart with section B out,out,hitch

At the end of wall 2 add on TAG

Pivot ½,shuffle pivot ½ shuffle

1,2,3&4 Step onto right foot, pivot 1/2 turn onto left. Step right foot forward close left to right, step onto right.

5,6,7&8 Step onto left pivot ½ turn onto right. Step left foot forward, close right next to left, step forward onto Left.

NB: To start wall 3 you need to ¼ turn right to start with Section A (rock recover coaster step).

Wall 3: Dance first 16 counts of section A then restart section B and dance section B until the end.

Last Update - 5 Mar 2022
