

Fallin'

拍數: 80 牆數: 2 級數: Phrased Improver
編舞者: Bonita Malone (USA) - April 2022
音樂: Fallin' - Connie Francis



#16 count introduction

Sequence A,A, B, A,B,A, A(32 cts)

A: 48 counts

(1 - 8) LINDY R, SIDE, BEHIND, ¼ TURN L SHUFFLE

1&2 Step R side (1), step L next to R (&), step R side (2)
3, 4 Rock back on L (3), recover on R (4)
5, 6 Step L side (5), step R cross behind (6)
7&8 Step L ¼ turn (7), step R next to L (&), step L (8) [9:00]

(9 - 16) ROCK FWD, RECOVER, SHUFFLE BACK, COASTER, STEP FWD, ¼ PIVOT

1, 2 Rock R fwd (1), recover L (2)
3&4 Step R back (3), step L next to R (&), step R back (4)
5&6 Step L back(5), step R next to L(&), step L fwd (6)
7, 8 Step R fwd (7), ¼ turn L (8) [6:00]

(17 - 24) CROSS, ROCK SIDE, RECOVER, CROSS, ROCK SIDE, RECOVER, BALL STEP, BALL STEP

1, 2 Step R cross frt (1), rock side L (2)
3, 4 Recover R (3), step L cross frt (4)
5, 6 Rock side R (5), step L side (6)
&7&8 R ball (&), step L side (7), R ball (&), step L side (8)

(25 - 32) JAZZ BOX ¼ TURN, ROCK FWD, RECOVER, SHUFFLE ¼ TURN

1, 2 Step R cross frt (1), step back L (2)
3, 4 Step R ¼ turn(3), step L slightly fwd (4) [9:00]
5, 6 Rock R fwd (5), recover L (6)
7&8 Step R ¼ turn R (7), step L next to R (&) step R side (8) [12:00]

(33 - 40) CROSS, SIDE, SAILOR STEP, TOUCH, HOLD, ROCK SIDE, RECOVER

1, 2 Step L cross frt (1), step R side (2)
3&4 Step L behind (3), step R next to L (&), step L slightly side (4)
5, 6 Touch R next to L (5), hold (6)
7, 8 Rock R side (7), recover L (8)

(41-48) CROSS, SIDE, SAILOR STEP, CROSS, HOLD, UNWIND ½ TURN

1,2 Step R cross frt (1), step L side (2)
3&4 Step R behind (3), step L next to R (&), step R slightly side (4)
5, 6 Step L cross frt (5), hold (6)
7, 8 Unwind ½ to R finishing with weight on L (7,8) [6:00]

B: 32 COUNTS

(1-8) KICK, BALLCHANGE, SHUFFLE FWD, JAZZ BOX

1&2 Kick R (1), rock back R (&), recover on L (2)
3&4 Step R to R fwd diagonal (3), close L next to R (&), step R to R diagonal (4)
5, 6 Step L cross frt (5), step R back (6)
7, 8 Step L side (7), step R (8)

(9-16) KICK, BALLCHANGE, SHUFFLE FWD, JAZZ BOX

1&2 Kick L (1), rock back L (&), recover on R (2)
3&4 Step L to L fwd diagonal (3), close R next to L (&), step L to L diagonal (4)
5, 6 Step R cross frt (5), step L back (6)
7, 8 Step R side (7), step L (8)

(17-23) KICK, BALLCHANGE, KICK BALLCHANGE, PIVOT ½ TURN, PIVOT ½ TURN

1&2 Kick R (1), rock back R (&), recover on L (2)
3&4 Kick R (3), rock back R (&), recover on L (4)
5, 6 Step R fwd (5), pivot ½ turn L (6) [6:00]
7, 8 Step R fwd (7), pivot ½ turn L (8) [12:00]

(24-32) SWIVEL HEELS, TOES, HEELS, TOES, HITCH, ROCK BACK, RECOVER, CROSS

1, 2 Close R next to L with both heel swiveling R (1), swivel toes to R (2)
3, 4 Swivel heels R (3), swivel toes R (4)
5, 6 Cross hitch L knee (5), rock back on L (6)
7, 8 Recover R (7), step L cross frt (8)

Bonita73greenville@gmail.com

danceworks@geusnet.com

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