

Here and Gone

拍數: 32 牆數: 2 級數: Improver
編舞者: Urban Danielsson (SWE) - July 2022
音樂: Here and Gone - Chris Janson



Intro: 16 counts, NO tags and NO restarts

Section 1: Step back, forward, ½ turn, ¼ turn, diamond shape 3/8 (cross, back, back, back, side, forward), cross, back, back

- 1 Step right foot back (prepare to turn forward to the left)
- 2&3 Step left forward, turn ½ left step back on right, turn ¼ left step left to left side (3:00)
- 4&5 Cross right foot across in front of left, turn 1/8 right step left foot back, step right foot back (4:30)
- 6&7 Step left foot back, turn 1/8 right step right foot to right side, turn 1/8 right step left foot forward (7:30)
- 8&1 Sweep right foot and step across in front of left turning body to left diagonal, step left diagonally back to left side turning body to right diagonal, step right diagonally back to right side

Section 2: Cross, back, side, cross, back, ¼ turn, forward, pivot ¼, cross, side, cross, side (basic)

- 2&3 Cross left foot in front of right foot, step right foot back, straighten up to (6:00) and step left foot to left side
- 4&5 Cross right foot in front of left, step left foot back, ¼ turn right step right foot forward (9:00)
- 6&7 Step left foot forward, ¼ turn right step right foot to right side, step left foot across in front of right (12:00)
- 8&1 Step right foot to right side, step left across in front of right, step right foot a long step to right side

Section 3: Together, cross, ¼ turn, forward, ¼ turn, forward, walk forward x 3, (diamond) 1/8 turn step side, 1/8 turn step back, step back

- 2&3 Step left foot next to right, step right foot across in front of left, ¼ turn left step left foot forward (9:00)
- 4&5 Step right foot forward, ¼ turn left step left to left side, 1/8 turn left step right foot forward (4:30)
- 6&7 Step left foot forward, step right foot forward, step left foot forward
- 8&1 1/8 turn left step right to right side, 1/8 turn left step left foot back, step right foot back (1:30)

Section 4: (diamond) 1/8 turn step side, 1/8 turn step forward, step forward, 1/8 turn step side, 1/8 turn step back, step back, 1/8 turn coaster step, rock, recover

- 2&3 1/8 turn left step left to left side, 1/8 turn left step right foot forward, step left foot forward (10:30)
- 4&5 1/8 turn left step right to right side, 1/8 turn left step left foot back, step right foot back (7:30)
- 6&7 Straighten up to (6:00) step left foot back, step right foot next to left, step left foot forward
- 8& Rock forward onto right foot, recover weight onto left

Ending: The last wall (7) will start at 12 o'clock:

- 1 Step right foot back (prepare to turn forward to the left)
- 2&3 Step left forward, turn ½ left step back on right, turn ½ left step left to left side (12:00)
- 4 Step right foot forward with your arms out.

Last Update - 27 July 2022