Dancing Your Memory Away

級數: Improver

編舞者: Frank Heelan (IRE) - February 2023

音樂: Dancing Your Memory Away - Cliona Hagan

Sec 1 Basic forward & back.

拍數: 48

- 1-2-3 Step forward left, right together, step left next to right.
- 4-5-6 Step back right, left together, step right next to left.

Sec 2 Cross, back, side, coaster step.

- Cross left over right, step back on right (10.30) step left to left (9.00) 1-2-3
- 4-5-6 Step back on right, left together, step forward right (9.00)

Sec 3 Cross, back, side, coaster step.

- 1-2-3 Cross left over right, step back on right (7.30) step left to left (6.00)
- 4-5-6 Step back on right, left together, step forward right.

Sec 4 Step hold, step hold.

- 1-2-3 Step forward left, Hold
- 4-5-6 Step forward right, Hold.

Sec 5 Forward left basic, back, back, point.

- 1-2-3 Step forward left, right together, step left next to right. (6.00)
- 4-5-6 Step back right, back left, point right to right.

Sec 6 Cross, side, behind, side, touch hold.

- 1-2-3 Cross right over left, step left to left, step right behind.
- 4-5-6 Step left to left, touch right next to left, Hold.

Sec 7 Turn, turn, turn, left forward basic.

- Turn ¼ right step forward right (9.00) turn ½ right step back on left (3.00) Turn ½ right step 1-2-3 forward on right. (9.00)
- 4-5-6 Step forward left, right together, step left next to right

Sec 8 Walk back right, left, right, touch left back, hold.

- Walk back right, left, right, 1-2-3
- 4-5-6 Touch left behind, Hold.

Tags & restarts: At the end of wall 4 and 8 both facing 12.00 dance the first 6 counts and restart.

Contact: heelanjohnl@gmail.com





牆數: 4