

No, It's Not Goodbye

拍數: 32 牆數: 2 級數: Improver
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音樂: It's Not Good-Bye - Laura Pausini



Section 1 : Pivot ½ Turn Left, Forward, Mambo Forward, Prissy Walk Backward (R-L), Sailor ¼ Turn Right.

1, 2, 3 Step R Forward, Turn ½ Left, Step R Forward
4 & 5 Rock R Forward, Recover on L, Step L Back
6, 7 Step R Behind L, Step L Behind R
8 & ¼ Turn Right, Step L to Side

Section 2 : Cross Rock (R – L), Unwind ¾ Left, Step Forward (L – R), Close Together.

1, 2 & Cross R Over L, Recover on L, Step R to Side
3, 4 & Cross L Over R, Recover on R, Step L to Side
5, 6, Cross Touch R Over L, Make ¾ Turn Left (Finish with Weight on R)
7, 8 & Step L Forward, Step R Forward, Close L Beside R

Section 3: Basic Night Club (R – L), ¼ Turn L, Step Back with Hook, Step Forward with Sweep, Hitch.

1, 2 & Step R to Side, Step L Slightly Behind R, Cross R over
3, 4 & Step L to Side, Step R Slightly Behind L, Cross L over
5, 6, ¼ Turn Left R Back, Step L Back and Hook R
7, 8 & Step R Forward and Sweep L from back to Front, Cross L over R, Hitch R

Section 4: Lunge R, Recover. Behind, Side, Cross, Rock Side, Recover and Turn ¼ L, Coaster Step

1, 2 Press weight onto R and Bending Knee, Recover On L
3 & 4 Step L Behind R, Step R to Side, Cross R over L
5, 6 Rock L to Side, Recover and Turn ¼ Left (Weight on R)
7 & 8 Step L Back, Step R Together, Step L Forward.

TAG 2 Count (After Wall 2)

1, 2 Step R Forward, Step L Beside

RESTART 2 Times

1. On Wall 5 after 16 Count
2. On Wall 6 after 30 Count, step change, close R beside L and restart)

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