

It Ain't Over

拍數: 32 牆數: 4 級數: Low Improver
編舞者: Courtney Rowe (UK) - November 2023
音樂: How You Leave A Man - Paloma Faith



S1: SIDE TOG, CHASSE, CROSS ROCK, SHUFFLE 1/4 L

1,2 R step to R side, L step next to R
3&4 R step to R side, L step next to R, R step to R side
5,6 L cross over R weight on L, recover weight on R
7&8 L step fwd 1/4, R step next to L, L step fwd (9:00)

S2: WALK, WALK, MAMBO, BACK, BACK, COASTER CROSS

1,2 R step fwd, L step fwd
note: optional full turn
3&4 R step fwd weight on R, recover weight on L, R step next to L
5,6 L step back, R step back
7&8 L step back, R step next to L, L cross over R

S3: POINT, HOLD, SIDE SWITCHES, R SAILOR, L SAILOR 1/4 L

1,2 R point toe to R side, hold
&3&4 R step next to L, L point toe to L side, L step next to R, R point to R side
5&6 R step behind L, L step to L side, R step to R side
7&8 L step back 1/4 L, R step to R side, L step to L side (6:00)

S4: SHUFFLE FWD, FWD ROCK, 1/2, 1/4, QUICK WEAVE

1&2 R step fwd, L step next to R, R step fwd
3,4 L step fwd weight on L, recover weight on R
5 L step 1/2 L (12:00)
6 R step 1/4 L to R side (9:00)
7&8 L step behind R, R step to R side, L cross over R

Tag: End of Wall 4, facing 12:00 add;

Side Rock, Back Rock

1,2 R step to R side weight on R, recover weight on L
3,4 R step back weight on R, recover weight on L

Last Update: 25 Jan 2024