

Gone Enough (P)

拍數: 32 牆數: 0 級數: Beginner Partner
編舞者: Guy Dubé (CAN) & Nancy Milot (CAN) - January 2024
音樂: Gone Enough - William Michael Morgan



Intro : 16 counts.

Start in Sweetheart position, facing LOD.

[1-8]

M : 2X (WALK FWD), SHUFFLE FWD, 2X (WALK FWD), SHUFFLE FWD

L : 2X (1/2 TURN L), SHUFFLE FWD, 2X (1/2 TURN R), SHUFFLE FWD

1-2 M : Walk forward with RL

 L : 1/2 turn to left and step R back, 1/2 turn to left and step L forward

*** On count 1, let go both L hands and raise both R hands over the lady's head.

On count 2, return in Sweetheart position.

3&4 M&L : Shuffle forward with RLR

5-6 M : Walk forward with LR

 L : 1/2 turn to right and step L back, 1/2 turn to right and step R forward

*** On count 5, let go both L hands and raise both R hands over the lady's head.

On count 6, return in Sweetheart position.

7&8 M&L : Shuffle forward with LRL

[9-16] M&L : 1/4 TURN L, BEHIND, SHUFFLE in 1/4 TURN R, ROCK FWD, RECOVER, COASTER STEP

1-2 M&L : 1/4 turn to left and step R to right side, cross step L behind R

*** On count 1, let go both L hands and raise both R hand over the lady's head.

On count 2, take back the hands in a man's back (waist level).

3&4 M&L : Shuffle forward in 1/4 turn to right with RLR

*** On count 3, keep both hands together in Reverse Skaters position.

5-6 M&L : Rock step L forward, recover on R

7&8 M&L : Step L back, step R together L, step L forward

*** On count 7, raise both R arms over the lady's head.

You are now back in Sweetheart position.

[17-24] H&F : KICK-BALL-STEP, 2X (WALK FWD), KICK-BALL-STEP, 2X (WALK FWD)

1&2 H&F : Kick R forward, step R together L, step L forward

3-4 H&F : Walk forward with RL

5&6 H&F : Kick R forward, step R together L, step L forward

7-8 H&F : Walk forward with RL

[25-32] H&F : ROCK FWD, RECOVER, SHUFFLE FWD, ROCK FWD, RECOVER, COASTER STEP

1-2 H&F : Rock step R forward, recover on L

3&4 H&F : Shuffle forward with RLR

5-6 H&F : Rock step L forward, recover on R

7&8 H&F : Step L back, step R together L, step L forward

TAG: After the 9th repetition of the dance, add this 4 counts :

1-4 Rock step R forward, recover on L

Rock step R back, recover on L

ENJOY AND HAVE FUN !

NANCY & GUY