

He Gone

拍數: 32 牆數: 4 級數: Beginner
編舞者: Hiroko Carlsson (AUS) - May 2024
音樂: He Gone - Annie Bosko : (Spotify/YouTube Music/Deezer/Apple Music)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 16 counts)

[S1] Heel Strut Walk, Fwd Mambo, Coaster Cross

1 2 3 4 Heel strut walk forward on R-L-R-L
5 6 Rock forward on R, Replace weight on L, Step back on R
7&8 Step back on L, Step R next to R, Cross L over R

[S2] Side Rock, Cross Shuffle, 1/4R, Side, Cross Shuffle

1 2 Rock R to the side, Replace weight on L
3&4 Cross R over L, Step L beside R, Cross R over L
5 6 Step L to the side making a ¼ turn right (3:00), Step R to the side
7&8 Cross L over R, Step R beside L, Cross L over R

[S3] Monterey 1/4R, Quick Monterey 1/4R, Step-Pivot 1/4L

1 2 3 4 Point R to the side, Make a ¼ turn right stepping R beside L (6:00), Point L to the side, Step L together
5&6& Point R to the side, Make a ¼ turn right stepping R beside L (9:00), Point L to the side, Step L together
7 8 Step forward on R, Make a ¼ turn left recover weight on L (6:00)

[S4] Step-Pivot 1/2L, Shuffle Fwd, Fwd Rock, Triple 3/4L

1 2 Step forward on R, Make a ½ turn left recover weight on L (12:00)
3&4 Shuffle forward on R-L-R
5 6 Rock forward on L, Replace weight on R
7&8 Make a ½ turn left stepping forward on L, Make a ¼ turn left stepping R beside L (3:00), Step L next to R

Restart on Wall 3 count 16 (9:00)

TAG: 4 Counts Tag at the end of Wall 7 (9:00)- Heel Strut Walk-Together

1 2 3 4 Toe strut walk forward on R-L-R, Step/stomp L together

Ending suggestion: The last wall starts facing 9:00. Dance up to Section 2 count 8 (12:00). Step R to the side.

(updated: 13/May/24)