Before I Let You Go



拍數: 32 牆數: 4 級數: Improver

編舞者: Alexis Strong (UK) & Caroline Cooper (UK) - September 2024

音樂: Before I Let You Go (feat. MarcLo) - CYRIL



Three Restarts Intro 16 Count

SECTION 1 1/4 TURN MONTERAY, SIDE ROCK CROSS, SIDE, BEHIND, CHASSE

1-2 Point R to R side, ¼ turn R closing R next to L 3&4 Rock L to L side, recover to R, cross L over R

5-6 Step R to R side, cross L behind

*THIRD RESTART HERE WALL 8

7&8 Step R to R side, close L next to R, step R to R side (3)

SECTION 2 CROSS, UNWIND, KICK, COASTER STEP, WALK, WALK, SHUFFLE

1-2 Cross L over R, ½ turn unwind, kick R fwd 3&4 Step R back, step L next to R, step R fwd

5-6 Walk fwd L & R

7&8 Step L fwd, close R next to L, step L fwd (9)

*FIRST RESTART HERE DURING WALL 2
*SECOND RESTART HERE DURING WALL 5

SECTION 3 ROCK, RECOVER, BALL HEEL, & STEP, ROCK, RECOVER, SHUFFLE 1/2 TURN

1-2 Rock R fwd, recover L

&3&4 Step R back, tap L heel fwd, step L next to R, step fwd R

5-6 Rock L fwd, recover R

7&8 ½ turn L stepping L to L side, close R next to L, ¼ turn L stepping L fwd (3)

SECTION 4 CROSS, BACK, BALL CROSS SIDE, BACK ROCK, SHUFFLE

1-2 Cross R over L, step back L

&3-4 Step R to R side, cross L over R, step R to R side

5-6 Rock back L, recover R

7&8 Step L fwd, close R next to L, step L fwd (3)

RESTART INFO

RESTARTS ONE DURING WALL 2 AFTER 16 RESTART TWO DURING WALL FIVE AFTER 16 RESTART THREE DURING WALL 8 AFTER 6

Contact details

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