

Here I Go Again

拍數: 32 牆數: 2 級數: High Improver
編舞者: Guillaume Richard (FR) - August 2024
音樂: Mamma Mia - Ripley Alexander



Intro: 4 counts (4 piano notes)

Tag 1: At the end of wall 2 and 7, add these next 16 counts

1-8 Step RF fwd (1), Step LF fwd (2), Step RF fwd (3), Recover on LF (&), Step RF back (4) Step LF back (5), Drag RF next to LF (6), Step RF back (&), Touch L toes next to RF (7) Step LF back (&), Touch R toes next to LF (8)

9-16 Repeat the same 8 counts above

Tag 2 + Restart: During wall 5, do the first 8 counts and add these next 4 counts facing 12:00 to restart the dance then

1-4 Jazz Box : Cross RF over LF (1), Step LF back (2), Step RF to R (3), Step LF next to RF (4)

[1 – 8] Walk x2, Anchor Step with ½ turn, ½ turn Step, Back Step, Cross Samba 1/8 turn

1-2 Step RF fwd (1), Step LF fwd (2) 12:00

3&4 Step RF behind LF (3), Recover on LF (&), Make ½ turn R stepping RF fwd (4) 6:00

5-6 Make ½ turn R stepping LF back (5), Step RF back slightly in R diagonal (6) 12:00

7&8 Cross LF over RF (7), Step RF to R (&), Make 1/8 turn L stepping LF fwd (8) 10:30

[9 – 16] Walk x2, Mambo Step ½ turn, ½ turn Step Lock Step, 1/8 turn Side Rock

1-2 Step RF fwd (1), Step LF fwd (2) 10:30

3&4 Step RF fwd (3), Recover on LF (&), Make ½ turn R stepping RF fwd (4) 4:30

5&6 Make ¼ turn R stepping LF to L (5), Cross RF over LF (&), Make ¼ turn R stepping LF back (6) 10:30

7-8 Make 1/8 turn R stepping RF to R (7), Recover on LF (8) 12:00

[17 – 24] Behind, Side, Cross Samba, Step ½ Pivot, ½ turn Step Lock Step

1-2 Cross RF behind LF (1), Step LF to L (2) 12:00

3&4 Cross RF over LF (3), Step LF to L (&), Step RF to R (4) 12:00

5-6 Step LF fwd (5), Make ½ turn R stepping on RF (6) 6:00

7&8 Make ¼ turn R stepping LF to L (7), Cross RF over LF (&), Make ¼ turn R stepping LF back (8) 12:00

[25 – 32] Back Rock, Step ½ Pivot, Rock Step, Back & Touch x2

1-2 Step RF back (1), Recover on LF (2) 12:00

3-4 Step RF fwd (3), Make ½ turn L stepping on LF (4) 6:00

5-6 Step RF fwd (5), Recover on LF (6) 6:00

&7&8 Step RF back (&), Touch L toes next to RF (7), Step LF back (&), Touch R toes next to LF (8) 6:00

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