

How'd We Get Here (P)

拍數: 64 牆數: 0 級數: Improver - Partner
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音樂: How'd We Get Here - ERNEST



Intro: 32 counts. NO TAG NO RESTART.

Start: In Double Hand Cross position, both R hands crossed on top.
The man facing LOD and the lady facing RLOD.

[1-8]

M: SIDE, TOGETHER SHUFFLE FWD, ROCK STEP, RECOVER, SHUFFLE in 1/2 TURN L
L: SIDE, TOGETHER, SHUFFLE BACK, ROCK BACK, RECOVER, SHUFFLE in 1/2 TURN R

1-2 M&L: Step R to right, step L together R

*** On count 1, let go both R hands.

3&4 M: Shuffle forward with RLR

L: Shuffle back with RLR

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

L: Rock step L back, recover on R

7&8 M: Shuffle in 1/2 turn to left with LRL (RLOD)

L: Shuffle in 1/2 turn to right with LRL (LOD)

*** On count 7, raise both L hands over the lady's head.

[9-16]

M: ROCK STEP, RECOVER, SHUFFLE BACK, SIDE, TOGETHER, SHUFFLE FWD
L: ROCK BACK, RECOVER, SHUFFLE FWD, SIDE, TOGETHER, SHUFFLE BACK

1-2 M: Rock step R forward, recover on L

L: Rock back on R, recover on L

*** On count 1, take back both R hands crossed under both L hands.

3&4 M: Shuffle back with RLR

L: Shuffle forward with RLR

5-6 M&L: Step L to left, step R together L

*** On count 5, let go both L hands.

7&8 M: Shuffle forward with LRL

L: Shuffle back with LRL

[17-24]

M: ROCK STEP, RECOVER, 2X (SHUFFLE in 1/4 TURN R), SHUFFLE FWD
L: ROCK BACK, RECOVER, 2X (SHUFFLE in 1/2 TURN L), SHUFFLE FWD

1-2 M: Rock step R forward, recover on L

L: Rock back on R, recover on L

3&4 M: Shuffle in 1/4 turn to right with RLR (ILOD)

L: Shuffle in 1/2 turn to left with RLR (RLOD)

*** On count 3, raise both R hands over the lady's head.

5&6 M: Shuffle in 1/4 turn to right with LRL (LOD)

L: Shuffle in 1/2 turn to left with LRL (LOD)

*** On the shuffles, the lady passes in front the man to finish on his right side.

7&8 M&L: Shuffle forward with RLR

*** On count 7, take back both L hands in Sweetheart position.

[25- 32] M&L: STEP FWD, TOUCH, BACK, HEEL, TOGETHER, STEP FWD, ROCK STEP, RECOVER,
COASTER STEP

1-2 M&L: Step L forward, touch R behind step L

&3&4 M&L: Step R back, heel L forward, step L together R, step R forward

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

[33- 40]

H: 2X (WALK FWD), SHUFFLE FWD, BEHIND, SIDE, SHUFFLE FWD
F: 2X (WALK FWD), SHUFFLE FWD, 2X (1/2 TURN R), SHUFFLE FWD

1-2 H&F: Walk forward with RL
3&4 H&F: Shuffle forward with RLR
5-6 H: Cross step L behind R, step R to right
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 R hands and raise both L hands over the lady's head.**

The man is now at the lady's right side in Reverse Sweetheart position.

7&8 H&F: Shuffle forward with LRL

[41- 48] H&F: STEP FWD, LOCK, SHUFFLE FWD, 1/4 TURN R and STEP SIDE, BEHIND, SHUFFLE FWD in 1/4 TURN L

1-2 H&F: Step R forward diagonally to right, step L locked behind step R
3&4 H&F: Shuffle forward with RLR
5-6 H&F: 1/4 turn to right and step L to left, cross step R behind step L (OLOD)

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

***** On count 6, take back both R hands in the man's back.**

7&8 H&F: Shuffle forward in 1/4 turn to left with LRL (LOD)

[49- 56] H&F: ROCK STEP, RECOVER, COASTER STEP, 2X (SHUFFLE in 1/2 TURN R)

1-2 H&F: Rock step R forward, recover on L
3&4 H&F: Step R back, step L together R, step R forward
5&6 H&F: Shuffle forward in 1/2 turn to right with LRL (RLOD)

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

7&8 H&F: Shuffle forward in 1/2 turn to right with RLR (LOD)

***** On count 7, take back both L hands in Reverse Sweetheart position.**

[57-64]

H: 2X (WALK FWD), 3X (SHUFFLE FWD)
F: 2X (WALK FWD), SHUFFLE FWD, SHUFFLE in 1/2 TURN L, SHUFFLE BACK

1-2 H&F: Walk forward with LR
3&4 H&F: Shuffle forward with LRL
5&6 H: Shuffle forward with RLR
L: Shuffle forward in 1/2 turn to left with RLR (RLOD)

***** On count 5, without letting go both hands, raise both R hands over the lady's head.**

***** On count 6, we are now in Double Hand Cross position, both R hand crossed over L.**

7&8 H: Shuffle forward with LRL

L: Shuffle back with LRL

**ENJOY AND HAVE FUN !
GUY & NANCY**
