Sometimes

拍數: 48	牆數: 1	級數: Intermediate

編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2024

音樂: Sometimes - Lauren Daigle

One tag/restart & 6 count bridge

Start after 4 counts – approx. 3secs – 2mins 35secs – 81.4bpm
Music Available: Amazon

[1-9] R/L NC basics, step R fwd, L cross step, R back, step slightly L, ½ R Monterey point

1-2&	Step R side, rock L back, recover weight on R
3-4&	Step L side, rock R back, recover weight on L
5	Step R slightly forward (toes pointing out to the right slightly)
6&7	Cross step L over R, step R back, step slightly left (ALTERNATIVE: L forward rock/recover, step L together)
8&1	Point R side, turn ½ right step R beside L, point L side (6 o'clock)

WALL 3 tag/restart: Dance first 8 counts then add a touch tog on the & count then begin the dance again

ENDING with turn: Dance first 8 counts, cross step R over L & slowly unwind full turn left to face front wall
ENDING Non-turning: dance first 8 counts, cross R over L & hold

[10-16&] Run fwd L/R/L, R fwd rock/recover, R/L back with sweeps, R behind, L side, R cross over, L side

2&3	Run forward left, right, left
4&	Rock R forward, recover weight on L
5-6	Step R back as you sweep L from front to back, step L back as you sweep R from front to back
7&	Cross step R behind L, step L side
8&	Cross step R over L, step L side

[17-24&] R rock back/recover, R side, L rock back/recover, ½ R L back, R rock back/recover, ½ L R back, L back, R back, L tog

1-2&	Rock R back, recover weight on L, step R side
3-4&	Rock L back, recover weight on R, turning ½ right step L back (12 o'clock)
5-6&	Rock R back, recover weight on L, turning ½ left step R back (6 o'clock)
7-8&	Step L back, step R back, L together

[25-32&] R cross over, L side, R behind, L side, R cross rock/recover, R side, L cross shuffle, ½ L hinge

1-2	Cross step R over L, step L side
3&4&	Cross step R behind L, step L side, cross rock R over L, recover weight on L
5	Step R side
6&7	Cross step L over R, step R side, cross step L over R
8&	Turning ¼ left step R back, turning ¼ left step L together (12 o'clock)

WALL 3 – BRIDGE: Turning version

1-6	Turning ¼ L step R fwd as you hitch up L knee, L fwd, ½ L chase turn, ½ R pivot

1-2	Turning ¼ L step R forward as you hitch up your L knee (count 1), step L forward (9 o'clock)
3&4	Step R forward, pivot ½ L, step R forward (3 o'clock)
5-6	Step L forward, pivot ½ R, weight on L

You then start the dance again from count 33, no turn, start by hitching up the L knee (9 o'clock)

WALL 3 – BRIDGE – Non-turning version

1-6	¼ L step R fwd as you hitch up the L knee (count 1), L fwd, R fwd mambo, L back rock/recover

1-2	Turning ¼ L step R forward as you hitch up your L knee, step L forward (9 o'clock)
3&4	Step R forward, step L back, step R back,
5-6	Rock L back, recover weight on R

You then start the dance again from count 33, no turn, start by hitching up the L knee (9 o'clock)

[33-40&] ¼ L R fwd as you hitch L, L side rock/recover/cross, R NC basic, ¼ L L fwd, full turn L, L fwd

1	Turning ¼ left step R forward as you hitch up L knee (9 o'clock)
2&3	Rock L side, recover weight on R, cross step L over R
4-5&	Step R side, rock L back, recover weight on R
6	Turning ¼ left step L forward: extended 5th (6 o'clock)
7&8	Turning ½ left step R back, turning ½ left step L forward, step R forward (moving forward in LOD)

Alternatively: run forward R/L/R

&	Step L forward

[41-48&] R fwd, ½ R chase turn, full turn L fwd, L fwd mambo, R rock back/recover

1	Step R forward
2&3	Step L forward, pivot ½ right, step L forward: extended 5th
4&5	Turning ½ left step R back, turning ½ left step L forward, step R forward (12 o'clock) (moving forward in LOD)

Alternatively: run forward R/L/R

6&7	Step L forward, step R back, step L back
8&	Rock R back, recover weight on L