

A Little Bit Sad

拍數: 32 牆數: 4 級數: High Improver
編舞者: Mona Akersveen Schützer (NOR) - February 2025
音樂: A Little Bit Sad - Tolou



**2 restarts

[1-8] Step out-out, rock back, hitch, coaster step, ½ turn

1-2 Step RF diagonal forward, Step LF diagonal forward
3&4 Rock back on RF, recover on LF, Weight back on RF with hitch on LF
5&6 Step back on LF, step RF beside L, Step LF forward
7-8 Step RF forward, ½ turn L recover weight on LF (6 o'clock)

[9-16] Rock, behind side cross with ¼ turn L, rock, coaster step

1-2 Rock RF to side, Weight back on LF
3&4 Step RF behind L, Step LF to side, turn ¼ step RF forward (3 o'clock)
5-6 Rock LF forward, recover on RF (do a body roll if you want)
7&8& Step back on LF, step RF beside L, Step LF forward

Restart in wall 4&8

[17-24] Kickball change x2, rocking chair

1&2 Kick RF forward, step RF back in place, step LF in place
3&4 Kick RF forward, step RF back in place, step LF in place
5-6 Rock forward on RF, recover on LF
7-8 Rock back on RF, recover on LF

[25-32] Travelling Toe strut x2 while turning, walk forward

1-2 Touch R toe forward, turn ½ L drop R heel
3-4 Turn ½ L touch L toe forward, drop L heel
5-6 Step forward on RF foot, turn ½ step forward on LF (9 o'clock)
7-8 Walk RF forward, walk LF forward

Start again

Restart after 16 counts in wall 4(6 o'clock) and 8(12 o'clock)

I hope you enjoy the dance ☐

Last Update: 20 Feb 2025