

Learning To Fall

拍數: 48 牆數: 2 級數: Intermediate
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音樂: Learning to Fall - Martina McBride



ROCK BACK RIGHT, REPLACE, STEP SIDE, TOUCH BEHIND, $\frac{3}{4}$ UNWIND, STEP BESIDE, ROCK FORWARD LEFT, REPLACE, $\frac{1}{2}$ TURN LEFT, FULL TURN LEFT

- 1-2&3-4& Rock back right 45 degrees behind left, replace weight left, step right to right side, touch left, behind right, $\frac{3}{4}$ unwind over left (ending with weight on left), step right beside left
- 5-6&7-8 Rock forward left, replace weight right, turn $\frac{1}{2}$ turn over left and step left forward, full turn forward over left stepping right, left (9:00)

SKATE RIGHT, SKATE LEFT, STEP BESIDE, ROCK FORWARD, REPLACE, STEP BESIDE, TOUCH BACK, $\frac{1}{2}$ REVERSE PIVOT, BACK COASTER, STEP BESIDE

- 1-2&3-4& Slide step right forward 45 degrees (dragging left towards right), slide step left forward 45 degrees left (dragging right towards left), step right together, rock forward left, replace weight right, step left beside right
- 5-6-7&8& Touch right toe back, reverse $\frac{1}{2}$ pivot over right (keeping weight on left), step right back, step left beside right, step right forward, step left beside right (3:00)

1 $\frac{1}{4}$ TURN RIGHT, STEP BESIDE, ROCK BACK, REPLACE, STEP BESIDE, ROCK FORWARD, REPLACE, STEP BESIDE, ROCK SIDE, REPLACE, STEP BESIDE

- 1&2&3-4&1 $\frac{1}{4}$ turn over right (traveling right) stepping right, left, right, step left beside right, rock back right, replace weight left, step right beside left
- 5-6&7-8& Rock forward left, replace weight right, step left beside right, rock right to right side, replace weight left, step right beside left (6:00)

CROSS OVER, $\frac{1}{2}$ UNWIND, BACK COASTER, STEP LEFT FORWARD, STEP $\frac{1}{4}$, $\frac{1}{2}$ HINGE, CROSS SHUFFLE, STEP SIDE

- 1-2-3&4& Cross left over right, $\frac{1}{2}$ unwind over right (ending weight on left), step right back, step left beside right, step forward right, step left forward
- 5-6-7&8& Turning $\frac{1}{4}$ turn left step right to right side, $\frac{1}{2}$ hinge over left stepping left to left side, cross shuffle stepping right, left, right, step left to left side (3:00)

$\frac{1}{4}$ SAILOR RIGHT, SWEEP LEFT FORWARD, SWEEP RIGHT FORWARD, STEP BESIDE, SWEEP RIGHT BACK, SWEEP LEFT BACK, STEP BESIDE, STEP LEFT $\frac{1}{4}$ LEFT, STEP BEHIND, STEP LEFT $\frac{1}{4}$ LEFT

- 1&2-3-4& Step right behind left, turn $\frac{1}{4}$ turn right step left to left side, step right to right side, sweep step forward left over right, sweep step forward right over left, step left beside right (6:00)
- 5-6&7-8& Sweep step right behind left, sweep step left behind right, step right beside left, turn $\frac{1}{4}$ turn right with large step left to left side (dragging right up to left), step right behind left, turn $\frac{1}{4}$ turn left step forward left (6:00)

STEP RIGHT $\frac{1}{4}$ RIGHT, STEP LEFT BEHIND, STEP RIGHT $\frac{1}{4}$ RIGHT, STEP LEFT FORWARD, TWIST $\frac{1}{4}$ RIGHT, TWIST $\frac{1}{4}$ LEFT, FULL TURN FORWARD, ROCK RIGHT, ROCK LEFT

- 1-2&3-4-5 Turn $\frac{1}{4}$ turn left with large step right to right side (dragging left up to right), step left behind right, turn $\frac{1}{4}$ turn right step forward right, step left forward, keeping weight on both feet twist on toes $\frac{1}{4}$ turn right, twist on toes $\frac{1}{4}$ turn left (ending weight on left)
- &6-7-8 Full turn forward over left stepping right, left, rock right to right side, rock left to left side (6:00)

REPEAT

TAG

At the end of walls 2 and 5 add the following

- 1-4 Right sailor (traveling backwards), left sailor (traveling backwards)

1&2-3&4 Step right behind left, step left to left side, step right to right side, step left behind right, step right to right side, step left to left side

TO FINISH

On count 48, as you rock left to left side, drag right towards left, then take a large step on right to right side, dragging left towards right
