

Mixed Emotions

拍數: 64 牆數: 4 級數: Improver
編舞者: Carl Sullivan (AUS)
音樂: I May Hate Myself In the Morning - Lee Ann Womack



- 1&2-3&4 Right back coaster step (right, left, right), step left forward, turn a full turn forward left stepping right, left
- 5&6-7&8 Right forward coaster step (right, left, right), step left back, turn full turn back right stepping right, left
- 1-2 Rock-step right back, replace on left
- &3-4 Turn ¼ left stepping right beside left, rock-step left back, replace on right (9:00)
- 5-6 Facing the left diagonal - step left forward, step right close to left turning a forward full turn left on right
- 7&8 Step left forward on same diagonal, step right forward, pivot ½ turn left onto left
- Restart on wall 5**
- 1-2 Turn 1/8 left to straighten up to 12:00 - step right to right side dragging left, step left behind right
- &3-4 Turn ¼ right stepping right forward, step left forward, pivot ½ right onto right
- 5-6 Turning ¼ right - step left to left side dragging right, step right behind left
- &7-8 Step left to left side, cross-rock right over left, replace on left (facing left diagonal)
- &1-2 Still on left diagonal - step right beside left, rock-step left back, replace on right
- 3 Step left forward on left diagonal
- &4 Turning ¼ left to face a new diagonal - step right beside left, rock-step left back
- 5&6 Replace on right, turn 1/8 right - step left to left, hinge ½ turn right stepping right to right side
- 7-8 Rock-step left across right (right diagonal), replace on right
- &1-2 Still on right diagonal - step left beside right, rock-step right back, replace on left
- 3 Step right forward on same diagonal
- &4 Turning ¼ right to face a new diagonal - step left beside right, rock-step right back
- 5&6 Replace on left, turn 1/8 left - step right to right, hinge ½ turn left stepping left to left side (12:00)
- 7-8 Rock-step right across left (left diagonal), replace on left
- &1-2 Step right to right side, rock-step left over right, replace on right
- &3-4 Step left to left side, rock-step right over left, replace on left
- &5-6 Turn ¼ right stepping right forward, step left forward, pivot ½ turn right onto right
- 7&8 Step left forward, turn forward a full turn left stepping right then left (9:00)
- 1-2 Rock-step right to right side, replace on left
- 3&4 Step right behind left, step left to left side, touch right heel forward on right diagonal
- &5-6 Step right slightly back, cross-rock left over right, replace on right
- 7&8 Turn a full turn left stepping left, right, left
- 1-2 Rock-step right to right side, replace on left
- 3&4 Step right behind left, step left to left side, touch right heel forward on right diagonal
- &5&6 Step right slightly back, cross-shuffle left-right-left to right side
- 7-8 Step right to right side, hinge ½ turn left stepping left to left side (3:00)

REPEAT

RESTART

After 4th sequence facing 12:00, dance to count 15&, then pivot $\frac{3}{8}$ turn left to face 3:00. Restart facing 3:00

ENDING

Dance first 30 counts the turn $\frac{1}{4}$ right stepping left to left side (12:00). Slide right beside left
