

# My Sad Goodbye

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Laurel Ingram (UK)  
音樂: Disco Volante - Fredrik Kempe



## WALK FORWARD, RIGHT SHUFFLE, SHUFFLE ½ PIVOT RIGHT, ROCK BACK RECOVER

1-2            Step forward right, step forward left  
3&4           Step forward right, close left beside right, step forward right  
5&6           Triple ½ turn right stepping left right left  
7-8            Rock right back, recover forward onto left

## ¼ LEFT & RIGHT SIDE ROCK & RECOVER, RIGHT CROSS SHUFFLE, 2 ¼ TURN RIGHT, CROSS RECOVER STEP

1-2            Turning ¼ left, rock right to right, recover weight on left  
3&4            Cross step right over left, step left to left, cross step right over left  
5-6            Turning ¼ right step left, turning ¼ right step right to right  
7&8            Cross rock left over right, recover weight on right, step left to left

## SKATES TWICE, FORWARD SHUFFLE, SKATES TWICE, ¼ TURN LEFT CHASSE

1-2            Skate right forward, skate left forward  
3&4            Step right forward, close left beside right, step right forward  
5-6            Skate left forward, skate right forward  
7&8            Step left to left side, close right beside left, step left ¼ turn left

## CROSS, BACK, COASTER STEP, FULL TURN RIGHT, TRIPLE ½ TURN RIGHT

1-2            Cross right over left, step left back  
3&4            Step right back, close left beside right, step right forward  
5-6            Turn ½ right, stepping left back, turn ½ turn right, stepping right forward  
7&8            Triple ½ turn right, traveling forward, stepping left right left

Options: replace counts 5-6 with walk forward left right

## KICK TWICE, SAILOR STEP, STEP, CROSS ¼ LEFT, LEFT COASTER STEP

1-2            Kick right forward, kick right side  
3&4            Cross step right behind left, step left to left side, step right in place  
5-6            Cross step left over right, turning ¼ left, step right back  
7&8            Step left back, step right together, step left forward

## STEP ½ PIVOT, SHUFFLE ½ TURN, STEP ½ PIVOT, LEFT SHUFFLE

1-2            Step forward right, step back left turning ½ right  
3&4            Make ½ turn right stepping right left right  
5-6            Step left forward, pivot ½ turn right  
7&8            Step forward left, close right beside left, step forward left

## SIDE ROCK & CROSS SHUFFLE, 2 X ¼ TURN RIGHT, LEFT SHUFFLE FORWARD

1-2            Rock right to right side, recover left  
3&4            Cross right over left, step left to left side, cross right over left  
5-6            Turning ¼ right, step left to left, turning ¼ right, step right to right  
7&8            Step forward left, close right beside left, step forward left

## RIGHT ROCK & RECOVER, RIGHT COASTER STEP, ½ RIGHT PIVOT, TRIPLE FULL TURN RIGHT

1-2            Rock right forward, recover weight on left  
3&4            Step right back, step left together, step right forward

5-6 Step left forward, pivot  $\frac{1}{2}$  right

7&8 Step forward left  $\frac{1}{2}$  turn right, step forward right  $\frac{1}{2}$  turn right, step forward left

**Options: replace 7&8 with a shuffle forward, left right left**

**REPEAT**

**On wall 4, section 8, slow down on counts 5-6, then take the full turn slowly on counts 7&8, then pick up the tempo and restart the dance**

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