

No More Sad Songs

拍數: 32 牆數: 2 級數: Improver
編舞者: Fiona Haywood (UK)
音樂: No More Sad Songs - Clay Aiken



SIDE, ROCK STEP, SIDE, ROCK STEP, SYNCOPATED RUMBA BOX

1-2& Step right long step to right side, rock left behind right, recover on right
3-4& Step left long step to left side, rock right behind left, recover on left
5&6 Step right to right side, close left next to right, step right forward
7&8 Step left to left side, close right next to left, step left back

ROCK, RECOVER, RIGHT FORWARD SHUFFLE, ROCK, RECOVER, ¼ LEFT SAILOR

1-2 Rock back onto right, recover weight forward onto left
3&4 Step right forward, close left next to right, step right forward
5-6 Rock forward onto left, recover weight back onto right
7&8 Cross left behind right making ¼ turn left, step right to right side, step left in place

SIDE ROCK, RECOVER, BEHIND AND ACROSS, SIDE ROCK, RECOVER, LEFT SAILOR

1-2 Rock right to right side, recover weight onto left
3&4 Step right behind left, step left to left side, step right across left
5-6 Rock left to left side, recover weight onto right
7&8 Step left behind right, step right to right side, step left to left side

TAP, SWEEP, SAILOR, TAP, SWEEP, ¼ LEFT SAILOR

1-2 Tap right toe forward, sweep right out to right side
3&4 Step right behind left, step left to left side, step right to right side
5-6 Tap left toe forward, sweep left out to left side
7&8 Cross left behind right making ¼ turn left, step right to right side, step left in place

REPEAT
