

Sorry & Lonely

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Teresa Lawrence (UK) & Vera Fisher (UK)
音樂: Sorry - Madonna



BALL CROSS, KICK, CROSS BACK BACK, CROSS, KICK, CROSS BACK BACK

- &1-2-3&4 Step slightly back on ball of right, cross left over right, kick forward with right, cross right over left, step back on left, step right to side
- 5-6-7&8 Cross left over right, kick forward with right, cross right over left, step back on left, step right to side

CROSS SHUFFLE, ½ HINGE LEFT, CROSS ROCK REPLACE, CHASSE RIGHT

- 1&2-3-4 Cross shuffle left over right, making ¼ turn left step back on right, making further ¼ turn left step left to left side
- 5-6-7&8 Cross rock right over left, replace weight on left, chasse right to right side (6:00)

WEAVE, CROSS ROCK REPLACE, CHASSE ¼ TURN LEFT

- 1-2-3-4 Cross left over right, step right to right side, cross left behind right, step right to right side
- 5-6-7&8 Cross rock left over right, replace weight, chasse to left side ending with ¼ turn left (3:00)

STEP BALL CHANGE TWICE, CROSS UNWIND KICK & POINT

- 1&2-3&4 Step forward on right, rock out to left side on ball of left, replace weight to right, step forward on left, rock out to right side on ball of right, replace weight to left
- 5-6-7&8 Cross right over left, unwind ¾ turn over left shoulder, kick forward with right, bring right back to place, point left toe to left side (6:00)

LEFT SAILOR STEP, ROCK BACK ¼ HITCH, STEP TOUCH & HEEL & STEP

- 1&2-3&4 Left sailor for 1&2, making a ¼ turn right rock back on right, replace weight onto left, hitch right knee
- 5-6&7&8 Step forward on right, touch left toe next to right, step back onto left, dig right heel forward, step down on right, step forward on left (9:00)

ROCK FORWARD REPLACE, TRIPLE ½ TURN RIGHT TWICE, ROCK BACK REPLACE

- 1-2-3&4 Rock forward on right, replace weight onto left, triple ½ turn over right shoulder (your traveling backwards, not to right side)
- 5&6-7-8 Triple ½ turn right, rock back on right, replace weight on left (9:00)

Alternative to turns: you can just do 2 shuffles back, right then left

BALL BACK, HOLD, BALL CROSS HOLD, AND ROCK BACK REPLACE, ½ TURN RIGHT

- &1-2&3-4 Step right to right side, cross left behind right, hold, step right to right side, cross left over right, hold
- &5-6-7-8 Step right to right side, rock back on left, replace weight to right, make ¼ turn right step back on left, make further ¼ turn right, step right to right side (3:00)

WEAVE, CROSS ROCK REPLACE, SIDE STEP, SLIDE

- 1-2-3-4 Cross left over right, step right to right side, cross left behind right, step right to right side
- 5-6-7-8 Cross rock left over right, replace weight, big step out to left side with left, slide right up to left keeping weight on left

REPEAT