

Undone (P)

拍數: 40 牆數: 0 級數: Partner
編舞者: Barry Gannon (UK)
音樂: Undo the Right - Tracy Byrd



Position: Right Open position. Opposite footwork

LADY'S STEPS

ROCK FORWARD, ROCK BACK, STEP BACK, HOLD, ½ TURN, HOLD, SHUFFLE

1-2 Rock forward on right, rock back on left

3-4 Step back on right, hold

Release hands

5-6 Pivot ½ turn left on ball of right & forward on left foot, hold

RLOD, rejoin hands

7&8 Shuffle forward on right, left, right

ROCK FORWARD, ROCK BACK, STEP BACK, HOLD, ½ TURN, HOLD, SHUFFLE

1-2 Rock forward on left, rock back on right

3-4 Step back on left, hold

Release hands

5-6 Pivot ½ turn right on ball of left & step forward on right, hold

Rejoin hands

7&8 Shuffle forward on left-right-left

CROSS STEP SHUFFLE CROSS STEP SHUFFLE

1-2 Cross right over left, step left

On above 2 counts lady will take hold of man's left hand in her right hand, and change places going under man's left arm

3&4 Shuffle forward on right-left-right

Release hands

5-6 Cross left over right, step right

On above 2 counts lady will take hold of man's right hand in her left hand and change places going under man's right arm

7&8 Shuffle forward on left-right-left

STEP FORWARD, HOLD, TURN, HOLD, STEP FORWARD HOLD, TURN, HOLD

1-2 Step forward on right, hold

3-4 Pivot ½ turn right on ball of right & step back on left, hold

5-6 Step back on right, hold

7-8 Pivot ½ turn left on ball of right & step forward on left, hold

WALK WALK SHUFFLE, WALK WALK SHUFFLE

1-2 Step forward on right, step forward on left

3&4 Shuffle forward on right-left-right

5-6 Step forward on left, step forward on right

7&8 Shuffle forward on left-, right-left

REPEAT

MAN'S STEPS

ROCK FORWARD, ROCK BACK, STEP BACK, HOLD, ½ TURN, HOLD, SHUFFLE

1-2 Rock forward on left, rock back on right

3-4 Step back on left, hold

Release hands

5-6 Step pivot ½ turn right on the ball of left & step forward on right, hold

RLOD, rejoin hands

7&8 Shuffle forward left, right, left

ROCK FORWARD, ROCK BACK, STEP BACK, HOLD, ½ TURN, HOLD, SHUFFLE

1-2 Rock forward on right, rock back on left

3-4 Step back on right, hold

Release hands

5-6 Pivot ½ turn left on the ball of right & step forward on left, hold

Rejoin hands

7&8 Shuffle forward right, left, right

CROSS STEP SHUFFLE CROSS STEP SHUFFLE

1-2 Cross left over right, step right

On above 2 counts lady will take hold of man's left hand in her right hand, and change places going under man's left arm

3&4 Shuffle forward on left-right-left

Release hands

5-6 Cross right over left, step left

On above 2 counts lady will take hold of man's right hand in her left hand and change places going under man's right arm

7&8 Shuffle forward on right-left-right

STEP FORWARD, HOLD, TURN, HOLD, STEP FORWARD HOLD, TURN, HOLD

1-2 Step forward on left, hold

3-4 Pivot ½ turn left on ball of left & step back on right, hold

5-6 Step back on left, hold

7-8 Pivot ½ turn right on ball of left & step forward on right, hold

WALK WALK SHUFFLE, WALK WALK SHUFFLE

1-2 Step forward on left, step forward on right

3&4 Shuffle forward on left, right, left

5-6 Step forward on right, step forward on left

7&8 Shuffle forward on right-left-right

REPEAT
