Unforgettable



拍數: 64

牆數:1

級數: Intermediate

編舞者: Irene Groundwater (CAN)

音樂: Unforgettable (Slow Foxtrot / 30BPM) - Tony Crane and His Band

TWO SLOW FORWARD SKATES, FORWARD, CROSS, REPLACE, BACK, HOLD

- 1-2 Slide right diagonal forward for 2 counts
- 3-4 Slide left diagonal forward for 2 counts
- 5-6 Cross right over left, replace weight on left
- 7-8 Right back, hold

CROSS, BACK, DIAGONAL BACK, LOCK, DIAGONAL BACK, DIAGONAL BACK, LOCK, DIAGONAL BACK

- 1-2 Cross left over right, right back
- 3-4 Large left step diagonal back towards the left, right crosses over left
- 5-6 Left diagonal back, large right step diagonal back toward the right
- 7-8 Left crosses over right, right diagonal back

SIDE, ¼ TURN RIGHT, SMALL STEP FORWARD, ½ TURN LEFT, SIDE, HEEL, BALL, HEEL

- 1-2 Side step left, pivot ¼ turn right on left ball as right ball touches beside left instep (3:00)
- 3-4 Right small step forward, pivot ½ turn left on right ball as left ball touches beside right instep (9:00)
- 5-6-7-8 Large left side step, bring right heel, ball, heel towards left over 3 counts

Option: on count 5, stretch left arm above head towards left wall with right arm stretched down towards the floor and looking right for next four counts. On counts 6 to 8, drag right towards left for two counts, touch right toe beside left instep

1/4 TURN RIGHT, 1/2 TURN RIGHT, 1/2 TURN RIGHT, TOUCH

- 1-2 Right forward making ¹/₄ turn right on step, pivot ¹/₂ turn right on right ball as left steps back
- 3-4 Pivot ½ turn right on left ball as right steps forward, touch left toe beside right instep (12:00)
- 5-6 Side step left, pivot ¼ turn right on left ball as right toe touches beside left instep (3:00)
- 7-8 Side step right, touch left toe beside right instep

Option: on counts 2-3, left forward, right forward

HIP, HIP, HIP, BRUSH, HIP, HIP, FORWARD, ½ TURN RIGHT

- 1-2 Rock left hip forward, rock right hip back
- 3-4 Rock left hip forward, brush right ball forward beside left instep
- 5-6 Rock right hip forward, rock left hip back
- 7-8 Right forward, pivot ½ turn right on right ball as left steps beside right (9:00)

SIDE, REPLACE, REPLACE, HOLD, SIDE, REPLACE, SIDE, HOLD

- 1-2 Side step right swaying right hip to the right, replace weight on left swaying hip to the left
- 3-4 Replace weight on right thrusting right hip to the right, hold
- 5-6 Side step left swaying hip to the left, replace weight on right swaying right hip to the right
- 7-8 Replace weight on left thrusting left hip to the left, hold

FORWARD, TOUCH, FORWARD, TOUCH, FORWARD, BACK, ½ TURN RIGHT, DRAG

- 1-2 Right forward, look left as you touch left beside right
- 3-4 Left forward, look right as you touch right beside left
- 5-6 Right forward, left back
- 7-8 Pivot ½ turn right on left ball as right steps forward, drag left towards right

CROSS, REPLACE, SIDE, ½ TURN LEFT, BEHIND, REPLACE, ¼ TURN RIGHT, TOUCH



- 1-2 Cross left over right, replace weight on right
- 3-4 Side step left, pivot ½ turn left on left ball as you side step right
- 5-6 Cross left behind right, replace weight on right
- 7-8 Pivot ¼ turn right on right ball as you side step left, touch right toe beside left instep (12:00)

Option: on count 1, left forward

REPEAT

Dedicated to the memory of Carole Ann Miller who brought so much joy into everyone's life that knew her. She is truly unforgettable