

It Kills Me

拍數: 48 牆數: 4 級數: Intermediate waltz
編舞者: Alan Haywood (UK)
音樂: Why Can't I Leave Her Alone - George Strait



LEFT FORWARD BASIC, RIGHT BACK & ACROSS, LEFT SIDE ROCK & CROSS, RIGHT SIDE, DRAG LEFT OVER 2 COUNTS

1-2-3 Step left forward, step right next to left, step left forward
4-5-6 Step right back, step left next to right, cross step right over left
7-8-9 Rock left to left side, recover weight onto right, cross step left over right
10-11-12 Step right to right side, drag left towards right over 2 counts (no weight on left)

LEFT BACK, RECOVER, LEFT SIDE, RIGHT BEHIND, LEFT ¼ LEFT, RIGHT SIDE, LEFT BACK, RECOVER, LEFT SIDE RIGHT BEHIND & ACROSS

1-2-3 Rock back onto left, recover weight onto right, step left to left side
4-5-6 Step right behind left, step left ¼ left, step right to right side
7-8-9 Rock back onto left, recover weight onto right, step left to left side
10-11-12 Step right behind left, left to left side, cross step right over left

¼ LEFT, POINT HOLD, RIGHT BACK BASIC, ¼ LEFT, POINT HOLD, RIGHT BACK BASIC

1-2-3 Step left ¼ left, point right to right side, hold for 1 count
4-5-6 Step back onto right, step left next to right, step right forward
7-8-9 Step left ¼ left, point right to right side, hold for 1 count
10-11-12 Step back onto right, step left next to right, step right forward

FULL TURN LEFT (LEFT-RIGHT-LEFT), LUNGE, RECOVER, ½ RIGHT, LEFT FORWARD, KICK RIGHT OVER 2 COUNTS, RIGHT BACK BASIC

1-2-3 Make a full turn over left shoulder stepping left right left (easy option: walk forward left-right-left)
4-5-6 Lunge forward onto right, recover weight back onto left, make a ½ turn right stepping right forward

Restart the dance here during wall 4 facing home wall

7-8-9 Step forward onto left, kick right low kick forward over 2 counts
10-11-12 Step back onto right, step left next to right, step right forward

REPEAT

RESTART

Start wall 4 facing the 3:00 wall. Dance up to count 6, section 4. You will now be facing the home wall. Restart the dance

OPTIONAL ENDING

During the last wall, the music slows down. In section 4, after the full turn, lunge forward right, recover, but only make a ¼ turn right to face the home wall
