

I'm Gone

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Fulvio Durazza (AUS)
音樂: I'm Gone - George Fox



- 1-2 Pump right leg forward at 45 degrees over left leg twice
3&4 Shuffle to right side: right-left-right
5-6 Pump left leg forward at 45 degrees over right leg twice
7&8 Shuffle to left side: left-right-left
- 1-2 Rock forward on right leg, rock back on left leg
3&4 Turning $\frac{1}{2}$ turn right, shuffle forward right-left-right
5-6 Rock forward on left leg, rock back on right leg
7&8 Turning $\frac{1}{2}$ turn right, shuffle forward left-right-left
- 1&2 Turning shuffle: shuffle forward right-left-right turning $\frac{1}{2}$ turn left
3&4 Turning shuffle: shuffle back left-right-left turning $\frac{1}{2}$ turn left
&5&6 Traveling forward: step right to right side, left to left side, step right to center, left to center
&7&8 Traveling back: step right to right side, left to left side, right to center, left to center
- 1&2 Right leg coaster: step back right, back left, step forward right
3&4 Left sailor step: step left behind right, right to right side, left to left side
5&6 Right sailor step: step right behind left, left to left side, right to right side
7-8 Pop left knee in towards right knee, turn on balls of feet $\frac{1}{4}$ turn left, weight ending up on left leg with right knee popped forward
- 1&2 Touch right heel forward, step onto right slightly forward of left, touch left heel forward
&3&4 Step onto left slightly forward of right, touch right heel forward, step onto right slightly forward of left, touch left heel forward
&5 Step back onto left, slightly back of right, touch right toe back
&6 Step back onto right, slightly back of left, touch left heel forward
&7 Step back onto left, slightly back of right, touch right toe back
&8 Step back onto right, slightly back of left, touch left heel forward
- &1 Step back onto left, slightly back of right, touch right toe back
2 Turn $\frac{1}{2}$ turn right on left leg, brushing right heel up to left knee
3&4 Shuffle forward: right-left-right
5-6 Step forward left, pivot $\frac{1}{2}$ turn right
7-8 Step forward left 45 degrees to left, lock right behind left
- &1 Jump onto left leg on spot, stepping right forward 45 degrees right
2 Lock left behind right leg
&3 Jump onto right leg on spot, stepping left forward 45 degrees left
4 Touch right toe over & in front of left
&5 Step right out to side, step left out to left side
6 Clap hands
7-8 Touch right toe together, touch right out to right side
- 1 Turn $\frac{1}{2}$ turn right on left leg bringing right leg together, taking weight onto right leg
2 Touch left leg to left side

- &3&4 Spring to right side, stepping left together and right touch to right side; spring to left side stepping right together and left touch to left side
- &5 Jump back onto left leg with right 45 degrees.
- &6 Jump right to center, step forward left
- 7-8 Walk forward right, left

REPEAT
