

Hard Goodbye

拍數: 56 牆數: 4 級數: Beginner
編舞者: Dancin' Mamas (SWE)
音樂: Can't Let Go - Ulrika Beijer



Free Music download: www.dansairad.nu

HEEL, HOOK, HEEL, HEEL, RUN, RUN, RUN, SCUFF

1-2 Dig right heel forward, hook right leg over left
3-4 Dig right heel forward twice
5-7 "Run" forward on right, left, right
8 Scuff

CROSS, BACK, BACK, HOLD, CROSS, BACK, BACK, HOLD

1-2 Cross left over right, step back on right
3-4 Step back on left, hold, (turning body slightly to left, leading with left shoulder)
5-6 Cross right over left, step back on left
7-8 Step back on right, hold, (turning body slightly to right, leading with right shoulder)

BUMPS

1-2 Bump hips left, hold
3-4 Bump hips right, hold
5-8 Bump hips left, right, bump hips left, hold

¼ VINE, ¼ TURN VINE, HITCH, ¼ TURN VINE, HOLD

1-2 Turn ¼ left step right to right side (facing 9:00), step left behind right
3-4 Turn ½ right hitch right knee, (facing 3:00), hold
5-6 Step left to left side, step right behind left
7-8 ¼ turn left step forward on left, hold (facing 12:00)

½ TURN, HOLD, ½ TURN, HOLD, STEP, LOCK, STEP, SCUFF

1-2 ½ turn left step back on right, hold and snap fingers
3-4 ½ turn right step forward on left, hold and snap fingers
5-6 Step forward on right, lock left foot behind right
7-8 Step forward on right, scuff left forward

JAZZ BOX WITH TOE STRUTS ¼

1-2 Cross step left toe over right foot, drop heel taking weight
3-4 Step back on right toe, drop heel taking weight
5-6 ¼ turn left stepping left toe forward, drop heel taking weight
7-8 Step forward on left toe, drop heel taking weight

STOMP, HOLD, STOMP, HOLD, RUN, RUN, RUN, HOLD

1-2 Stomp left foot forward, hold
3-4 Stomp right foot forward, hold
5-8 "Run" forward on left right, left, hold

Put your right hand on the shoulder on the person in front of you, use your left arm to do a "train" motion

REPEAT