

# Go, Gone

拍數: 0                      牆數: 4                      級數: Intermediate  
編舞者: Lady Lace (UK)  
音樂: Go, Gone - Estelle



Sequence: AA, BB, AA, BB, AA, BB, AB, BBBB, B, A (1-16)

## PART A

### CROSS ROCK RIGHT, ½ TURN SHUFFLE, CROSS ROCK LEFT, FULL TURN SHUFFLE

1-2                      Cross rock right over left, recover onto left  
3&4                      Making ¼ turn right step right forward, close left to right, step right ¼ turn right  
5-6                      Cross rock left over right, recover onto right  
7&8                      Full turn left stepping left, right, left or left side shuffle

### CROSS ROCK RIGHT, SIDE SHUFFLE, SIDE TOGETHER, LEFT SIDE SHUFFLE

1-2                      Cross rock right over left, recover onto left  
3&4                      Step right to right side, close left to right, step right to right side  
5-6                      Step left to left side, step right beside left  
7&8                      Step left to side, close right to left, step left to side

### HEEL, TOE, ½ TURN SHUFFLE, HEEL TOE ½ TURN SHUFFLE

1-2                      Touch right heel forward, touch ball of right back  
3&4                      With weight on left turn ½ right stepping right in place, close left to right, step right forward  
5-6                      Touch left heel forward, touch ball of left back  
7&8                      With weight on right turn ½ left stepping left in place, close right to left, step left forward

### TOUCH, KICK, CROSS UNWIND FULL TURN, SIDE HIP BUMPS, HIP ROLL

1-2                      Touch ball of right forward, kick right forward  
3-4                      Touch right across left, unwind full turn left  
5-6                      Step right to right side bump hips right, bump hips left  
7&&&                      Roll hips to the left right, left, right, left weight ends on left

## PART B

### 4 TOE STRUTS BACK RIGHT, LEFT, RIGHT, LEFT WITH ARM MOVEMENTS

1-2                      Touch ball of right back, step down on to heel - move right arm overhead & backwards  
3-4                      Touch ball of left back, step down on to heel - move left arm overhead & backwards  
5-6                      Touch ball of right back, step down onto heel - move right arm overhead & backwards  
7-8                      Touch ball of left back, step down onto heel - move left arm overhead & backwards

### LONG STEP DIAGONALLY FORWARD, TOUCH, HEEL SWITCHES, STEP IN PLACE, LONG STEP DIAGONALLY FORWARD TOUCH, HEEL SWITCHES, STEP ¼ LEFT, TOUCH

1-2                      Long step right diagonally forward, touch left beside  
3&4                      Touch left heel forward, step in place, touch right heel forward  
&                      Step right in place  
5-6                      Long step left diagonally forward, touch right beside  
7&8                      Touch right heel forward, step in place, touch left heel forward  
&                      Step left ¼ turn left, touch right beside