Goodbye Lover



拍數: 56 牆數: 4 級數: Intermediate

編舞者: Jenny Constantine (UK) 音樂: Morning Train - Nanci Griffith



HEEL HOOKS WITH KICKS

1-2	Extend right heel forward, hook right heel under left knee

3-4 Kick right forward, kick right to right side

&5-6 Quickly switch weight to right, extending left heel, hook left heel under right knee

7-8 Kick left foot forward, kick left to left side

TOUCH HALF TURNS, STEP LEFT HALF TURN, LEFT TURNING SHUFFLE

9-10	Touch left toe behind, turn half turn to left putting weight on left
11-12	Touch right toe behind, turn half to right putting weight on right

13-14 Step left forward, turn half turn right

15&16 Turn half turn right doing a turning shuffle starting on left foot, ending with weight on left

SYNCOPATED HALF TURN MONTEREYS TRAVELING FORWARD

17-18	Point right toe to	right side, hold

&19-20 Turn half turn right quickly switching weight to right moving slightly backwards and point left

toe to left side, hold

&21-22 Quickly switch weight to left moving slightly backwards pointing right to right side, hold

&23-24 Repeat &19-20 only moving slightly forward not back.

ROCK STEP, ¾ TURN, SIDE ROCK STEP, LEFT BEHIND, UNWIND HALF TURN

&25-26	Quickly switch weight to left, rock forward onto right, rock back on le	·ft
&Z5-Z5	Quickly Switch weight to left, fock forward onto fight, fock back on le) I (

27&28 Do ¾ turning triple step starting on right

29-30 Step left to left side and rock weight onto it and back onto right

31-32 Touch left behind right, unwind half turn left

ROCK BACK, FORWARD, LEFT TURNING TRIPLE, LEFT ROCK BACK, JUMPS OUT AND IN

&33-34	Quickly jump weight back onto right, extending left heel, rock weight onto left
35&36	Turn ¾ left doing a triple step starting on right

37-38 Rock left foot back, rock weight back onto right 39 Jump left quickly to left side, then right to right side 40 Turning 1/4 left quickly jump left in and right next to it

STEP SLIDE, SYNCOPATED STEPS TO RIGHT

41-44	Take a big step to left, dragging right to it for 4 counts
T 1-TT	Take a bid steb to left. dradding fidit to it for 7 counts

45-46 Point right toe to right side, hold putting some weight onto right toe (on the hold you could

push your right knee in)

&47-48 Bring left foot to right foot's place, while again pointing right toe to right side, hold putting

some weight onto right

SYNCOPATED STEP, FULL TURN, GRAPEVINE, STOMP TWICE

0.40	
&49	Bring left foot to right foot's place while stepping right to right side, putting all weight on right

foot

50-51 Step left turning ¼ right, turn half turn right putting weight onto right

52-53-54 Step left turning ¼, step right behind left, step left to left side

55-56 Stomp right in place, stomp left in place

REPEAT

For walls 3 and 6 counts 49-56 should be omitted to fit with music, and counts &47,48 should be

& Bring left foot to right foot's place

47 Step right ¼ right48 Stomp left in place