

Go On & Go Free

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Shin-ichiro Baba (JP) & Lilian Lo (HK)
音樂: Everytime You Go Away - Smokie



STEP LEFT, TOUCH, SIDE, BACK ROCK, RECOVER, 3 WALKS, FORWARD ROCK, RECOVER

1-2-3 Step left to left side, touch right next to left, long step right to right side
4& Rock back on left, recover onto right
5-6-7 Walk forward on left, walk forward on right, walk forward on left
8& Rock forward on right, recover onto left

¼ TURN RIGHT, CROSS, ¼ TURN LEFT TWICE, CROSSING SHUFFLE, ¼ TURN RIGHT TWICE, CROSS ROCK, RECOVER

1 Make ¼ turn right step right to right side (facing 3:00)
2&3 Cross left over right, make ¼ turn left step back on right, make ¼ turn left step left to left side (facing 9:00)
4&5 Cross right over left, step left to left side, cross right over left
6-7 Make ¼ turn right step back on left, make ¼ turn right step right to right side (facing 3:00)
8& Cross rock left over right, recover onto right

¼ TURN LEFT, SWEEP ½ TURN TOUCH, SIDE, BACK ROCK, RECOVER, SIDE, BEHIND, ¼ TURN LEFT, ½ TURN LEFT TWICE, SWEEP

1 Make ¼ turn left step forward on left (facing 12:00)
2 Make ½ turn left on ball of left sweeping right around ending with a touch right next to left (facing 6:00)
3-4& Step right to right side, rock back on left, recover onto right
5-6 Step left to left side, step right behind left
7&8& Make ¼ turn left step forward on left, make ½ turn left step back on right, make ½ turn left step forward on left and sweeping right out (facing 3:00)

Easier option:

7&8& Turn ¼ left and step forward on left, step right beside left, step forward on left and sweeping right out

CROSS BACK BACK TWICE, CROSS, BACK, TOE TOUCH, TOGETHER, FORWARD, ¼ TURN LEFT & HITCH

1&2 Cross right over left, step left back, step right diagonally back
3&4 Cross left over right, step right back, step left diagonally back
5& Cross right over left, step left back
6& Right toe touch forward, step right beside left
7-8 Step forward on left, make ¼ turn left on ball of left hitching right (facing 12:00)

On wall 5, replace count 32 with ¾ turn right shifting weight on right (facing 12:00) and restart the dance

LUNGE, RECOVER, ¼ TURN RIGHT, CROSSING SHUFFLE, ¼ TURN LEFT, SIDE, CROSS, SIDE

1-2-3 Lunge forward on right, recover onto left, make ¼ turn right stepping right to right side (facing 3:00)
4&5 Cross left over right, step right to right side, cross left over right
6-7 Make ¼ turn left stepping right back, step left to left side slightly back (facing 12:00)
8& Cross right over left, step left to left side slightly back

CROSS, BACK, TOE TOUCH, TOGETHER, FORWARD, POINT, MONTEREY ½ TURN RIGHT, CROSS ROCK, RECOVER, STEP ¼ TURN LEFT, SPIRAL ¾ TURN LEFT

1& Cross right over left, step left back

- 2& Right toe touch forward, ? Step right beside left
3-4-5 Step forward on left, point right to right side, make $\frac{1}{2}$ turn right stepping right next to left (facing 6:00)
6-7 Cross rock left over right, recover onto right
8& Make $\frac{1}{4}$ turn left step forward on left, spiral $\frac{3}{4}$ turn left stepping right next to left
Easier option:
8& Step left to left side, cross right over left

REPEAT

RESTART

On wall 5, replace count 32 (section 4, count 8) with $\frac{3}{4}$ turn right shifting weight on right (facing 12:00) and restart the dance
