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拍數: 64 牆數: 1 級數: Intermediate
編舞者: Gary Lafferty (UK)
音樂: Today I Started Loving You Again - Buddy Jewell & Miranda Lambert



Start the dance facing the back wall

SIDE, BEHIND, SIDE-ROCK & CROSS ; SIDE, BEHIND, & CROSS, STEP

1-2 Step to left on left foot, cross-step right foot behind left
3&4 Rock to left on left foot, recover weight onto right foot, cross-step left foot over right
5-6& Step to right on right foot, cross-step left foot behind right, step to right on right foot
7-8 Cross-step left foot over right, step to right on right foot

ROCK BACK, RECOVER, TRIPLE ½ TURN ; ROCK BACK, RECOVER, SKATE, SKATE

1-2 Rock back on left foot, recover weight onto right foot
3&4 Triple forward making ½ turn right, stepping left-right-left
5-6 Rock back on right foot, recover weight onto left foot
7-8 Skate right foot forward, skate left foot forward

RIGHT SHUFFLE, ROCK FORWARD, RECOVER ; TRIPLE FULL-TURN, ROCK FORWARD, RECOVER

1&2 Right shuffle forward
3-4 Rock forward on left foot, recover weight back onto right foot
5&6 Triple full-turn over left shoulder, in place, stepping left-right-left

Easier option - left coaster step

7-8 Rock forward on right foot, recover weight back onto left foot

SWEEP BACK, SWEEP BACK, RIGHT SHUFFLE BACK ; TRIPLE ½ TURN, STEP FORWARD, ½ TURN

1-2 Sweep right foot out to side then step back on right foot, sweep left foot out to side then step back on left
3&4 Right shuffle back
5&6 Shuffle back making ½ turn over left shoulder, stepping left-right-left
7-8 Step forward on right foot, pivot ½ turn to left

If you started the dance facing the back, you should now be facing the front wall at this point. The second half of the dance is a mirror image of the first 32 counts - same steps, opposite feet

SIDE, BEHIND, SIDE-ROCK & CROSS ; SIDE, BEHIND, & CROSS, STEP

1-2 Step to right on right foot, cross-step left foot behind right
3&4 Rock to right on right foot, recover weight onto left foot, cross-step right foot over left
5-6& Step to left on left foot, cross-step right foot behind left, step to left on left foot
7-8 Cross-step right foot over left, step to left on left foot

ROCK BACK, RECOVER, TRIPLE ½ TURN ; ROCK BACK, RECOVER, SKATE, SKATE

1-2 Rock back on right foot, recover weight onto left foot
3&4 Triple forward making ½ turn left, stepping right-left-right
5-6 Rock back on left foot, recover weight onto right foot
7-8 Skate left foot forward, skate right foot forward

LEFT SHUFFLE, ROCK FORWARD, RECOVER ; TRIPLE FULL-TURN, ROCK FORWARD, RECOVER

1&2 Left shuffle forward
3-4 Rock forward on right foot, recover weight back onto left foot
5&6 Triple full-turn over right shoulder, in place, stepping right-left-right

Easier option - right coaster step

7-8 Rock forward on left foot, recover weight back onto right foot

SWEEP BACK, SWEEP BACK, LEFT SHUFFLE BACK ; TRIPLE ½ TURN, STEP FORWARD, ½ TURN

1-2 Sweep left foot out to side then step back on left foot, sweep right foot out to side then step back on right

3&4 Left shuffle back

5&6 Shuffle back making ½ turn over right shoulder, stepping right-left-right

7-8 Step forward on left foot, pivot ½ turn to right

REPEAT
