

拍數: 96 牆數: 4 級數: Intermediate

編舞者: Michael Lynn (UK) - January 2006

音樂: Sorry (Radio Edit) - Madonna: (Album: Sorry, CD Single)



64-count intro

Running Order: A A B A A B B A A B

A - Chorus

RIGHT HEEL DIGS, BEHIND SIDE CROSS, LEFT HEEL DIGS, BEHIND SIDE CROSS

1-2 Touch right heel forward twice.

3&4 Cross right behind left, step left to left side, cross right over left,

5-6 Touch left heel forward twice,

7&8 Cross left behind right, step right to right side, cross left over right.

STEP 1/4 TURN LEFT, STEP 1/4 LEFT, ROCK RECOVER, 3/4 TURNING TRIPLE RIGHT

1-2 Step right foot forward, pivot ¼ turn left,3-4 Step right foot forward, pivot ¼ turn left,

5-6 Step right forward, rock weight back onto the left, 7&8 Triple step ³/₄ turn right, stepping ? right, left, right.

LEFT HEEL DIGS, BEHIND SIDE CROSS, RIGHT HEEL DIGS, BEHIND SIDE CROSS

1-2 Touch left heel forward twice.

3&4 Cross left behind right, step right to right side, cross left over right,

5-6 Touch right heel forward twice,

7&8 Cross right behind left, step left to left side, cross right over left.

STEP 1/4 TURN RIGHT, STEP 1/4 RIGHT, ROCK RECOVER, LEFT BACK COASTER

1-2 Step left foot forward, pivot ¼ turn right,3-4 Step left foot forward, pivot ¼ turn right,

5-6 Step left forward, rock weight back onto the right,7&8 Step back left, right step together, step forward left,

B - Verse

CHASSE RIGHT, BACK ROCK RECOVER, POINT SIDE, POINT FORWARD, LEFT SIDE STEP, RIGHT IN

1&2 Step right to right side, left together, step right to right side,

3-4 Cross back left rock (behind right), rock weight back onto the right,

5-6 Point left toe to side, point left toe forward, 7-8 Step left to the side, step right beside left.

CHASSE LEFT, BACK ROCK RECOVER, POINT SIDE, POINT FORWARD, RIGHT SIDE STEP, LEFT TOUCH

1&2 Step left to left side, right together, step left to left side,

3-4 Cross back right rock (behind left), rock weight back onto the left,

5-6 Point right toe to side, point right toe forward,

7-8 Step right to the side, touch left beside right (while transferring weight onto left).

CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE

1-2 Cross left over right, step right to right side,
3-4 Cross left behind right, step right to right side,
5-6 Cross left over right, step right to right side,
7-8 Cross left behind right, step right to right side.

CROSS, UNWIND 3/4 TURN, LEFT SHUFFLE, WALK, WALK, RIGHT SHUFFLE

1-2 Cross left over right, unwind ¾ right,
3&4 Shuffle forward on left, right, left,
5-6 Step forward on right, step forward on left,
7&8 Shuffle forward on right, left, right.

MAMBO ROCKS FORWARD & BACK, TOE/HEEL SWIVELS, TOE/HEEL SWIVELS & CLAP

Rock forward on left, rock back onto right, step back left,
Rock back on right, rock forward onto left, step forward right,
Swivel both heels to the right, swivel both toes to the right,

7-8 Swivel both heels to the right, clap.

TOE/HEEL SWIVELS. TOE/HEEL SWIVELS & CLAP. MAMBO ROCKS FORWARD & BACK

1&2 Swivel both heels to the left, swivel both toes to the left,

3&4 Swivel both heels to the left, clap,

Rock forward on right, rock back onto left, step back right,Rock back on left, rock forward onto right, step forward left.

JAZZ BOX, JAZZ BOX 1/4 TURN

1-2 Cross right over left, step back to left side,
3-4 Step right to right side, step forward to left side,
5-6 Cross right (with ¼ turn left) over left, step back to left side,
7-8 Rock back on left, rock forward onto right, step forward left.

SLIDE, DRAG, SLIDE, DRAG

1-4 Large step to the left (over 2 counts), while dragging right foot beside left (over 2 counts),

5-6 ½ Turn right, while taking a large step to the right (over 2 counts),

7-8 while dragging the left foot beside right (over 2 counts).

NOTE: On count 8 make sure weight is on left.

CHOREOGRAPHER?s NOTE?s: If dancing to the album version an extra ?B? section has to be added to the breakdown. The revised order for dancing to the album version is:

Running Order: A A B A A B B B A A B

Website