

It's Not Goodbye

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Mikael Mölsä (FIN)
音樂: It's Not Good-Bye - Laura Pausini : (NC2)



SIDE, ROCK STEP, ¼ TO RIGHT TURNING STEP, FULL TURN, SWEEP, CROSS, ¼ TO LEFT TURNING STEP, FALLING ARMS

- 1-2& Step left to side, step right behind left, recover weight on left
3-4& Turn ¼ to right by stepping right foot forward, turn ½ to right by stepping left foot back, turn ½ to right by stepping right foot forward
5-6& Sweep left from back to front, step left across right, turn ¼ to left by stepping right foot back
7-8& Step left to left side, lower down for 2 counts

Arm movements: as you take the left step to side (count 7), lower hands down from above head, palms facing outwards. As you're doing this you can bend your left knee to give it more effect

Option: on counts 4& you can take two small steps forward instead of doing the full turn

RISING AND FALLING ARM, SIDE, ROCK STEP, ROCK STEP, WEAVE, CROSS STEP

- 1-2& Straighten up, rock right behind left, recover weight on left
3-4& Step right to side, step left behind right, replace weight back to right
5&6& Rock left to side, recover weight back to right, step left across right, step right to side
7&8 Step left behind right, step right to side, step left across right

Arm movements: raise your right arm like forming an arch from down to above your head on count 1, bring the hand down in front of your face on count 2, palm facing outwards. While doing this straighten up and bring right foot next to left

FULL UNWIND, ROCK STEP, SIDE, ROCK STEP, SIDE, TURN ½ TO RIGHT, SIDE, ROCK STEP, ¼ LEFT TURNING STEP

- 1 Unwind a full turn to the right (weight ends up on your left foot)
2& Step right behind left, recover weight back to left
3-4& Step right to side, step left behind right, replace weight back to right
5-6& Step left to side, turn ¼ to right by stepping right back, turn ¼ more to right and step left over right
7&8& Step right to side, step left behind right, replace weight back to right, turn ¼ to left by stepping left forward

½ LEFT TURNING SWEEP, CROSS ROCK, SWAYS, STEP FORWARD, SYNCOPATED ¼ RIGHT TURNING TURN, 1 ½ UNWIND

- 1 Sweep on the right foot from back to front while turning a ½ turn to left (weight ends up on left)
2& Rock forward on right, recover weight back to left
3-4 Step right to right side and sway to right, sway to left
5-6& Step forward on right, step forward on left, pivot turn ¼ to right
7-8& Step left across right, unwind 1 ½ to the right during counts 8&

Option: for the easier option, unwind a ½ turn to right during counts 8&

REPEAT

RESTART: On wall 5, after count 16, touch left next to right instead of stepping left over right, then restart the dance

TAG: After wall 2, SWAYS

- 1 Step left to side while swaying to left
2 Sway to right (weight ends up on right)

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