So Long I'm Gone



拍數: 32 牆數: 4 級數: Beginner

編舞者: DJ Dan (NL) & Wynette Miller (NL) - April 2006 音樂: I'm Gone - Catherine Britt: (CD: Too Far Gone)



Intro 32 counts, start on vocals.

VINE RIGHT, TOUCH; VINE LEFT WITH 1/4 TURN LEFT, HOLD.

1-4 Step right to right side. Cross left behind right. Step right to right side. Touch left next to right.

5-8 Step left to left side. Cross right behind left. Step left 1/4 turn left. HOLD. [9]

ROCK STEP FORWARD, TOE STRUT BACK; ROCK STEP BACK, TOE STRUT FORWARD.

1-2 Rock right forward. Recover weight onto left.
3-4 Step on right toe back. Drop right heel
5-6 Rock left back. Recover weight onto right.
7-8 Step on left toe forward. Drop left heel.

SIDE ROCK, KICK, KICK; RIGHT SCISSOR STEP, HOLD

1-2 Rock right to right side. Recover weight onto left.

3-4 Kick right across left twice.

5-8 Step right to right side. Step left next to right. Cross right over left. HOLD.

LEFT SCISSOR STEP, HOLD; SIDE, TOUCH, SIDE, TOUCH.

1-4 Step left to left side. Step right next to left. Cross left over right. HOLD.

5-8 Step right to right side. Touch left next to right. Step left to left side. Touch right next to left.

Begin again and have fun.