

Fade Away

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - February 2008
音樂: Fade Away - Mary J. Blige : (Album: Growing Pains)



(32 Count Intro). Approx 20 seconds. (Start on the word 'Rain').

OUT IN SIDE, SAILOR ¼ TURN, MAMBO ½ TURN, STEP ½ TURN POINT.

1&2 Touch R out to R side, touch R in beside L, step R to R side.
3&4 Making a ¼ turn L step L behind R, step R to R side, step slightly forward on L.
5&6 Rock forward on R, recover weight to L, make a ½ turn R stepping forward on R.
7&8 Step forward on L, make a ½ turn R (weight forward on R), point L to L side. (9 o'clock).

TOGETHER POINT ¼ TURN, BALL CROSS SIDE, SIDE, BACK ROCK SIDE, SAILOR ¼ TURN.

&1,2 Step L beside R, point R to R side, make a ¼ turn R (weight back on L).
&3,4 Step R beside L, cross L over R, step R to R side.
5&6 Cross rock L behind R, recover weight to R, step L to L side.
7&8 Making a ¼ turn R step R behind L, step L to L side, step slightly forward on R. (3 o'clock).

LOCK STEP, MAMBO STEP, ½ TURN, ¼ TURN, CHASSE.

1&2 Step forward on L, cross lock R behind L, step forward on L.
3&4 Rock forward on R, recover weight to L, step back on R.
5,6 Stepping back make a ½ turn L, make a ¼ turn L stepping R to R side.
7&8 Step L to L side, close R beside L, step L to L side. (6 o'clock).

CHASSE, BACK ROCK SIDE, COASTER STEP, TWIST ¼ TURN, TWIST ¼ TURN.

1&2 Step R to R side, close L beside R, step R to R side.
3&4 Cross rock L behind R, recover weight to R, step L to L side.
5&6 Step back on R, close L beside R, step forward on R.
7,8 On balls of both feet twist a ¼ turn L, on balls of both feet twist a ¼ turn R (weight ends on L).

* Restart 1 on wall 2 – facing 12 o'clock. ** Restart 2 on wall 5 – facing 6 o'clock. (6 o'clock).

BALL CROSS, PRESS RECOVER, BEHIND SIDE CROSS, PRESS RECOVER, BEHIND ¼ TURN STEP.

&1 Step R beside L, cross L over R.
2,3 Press R to R diagonal, recover weight to L.
4&5 Cross step R behind L, step L to L side, cross step R over L.
6,7 Press L to L diagonal, recover weight to R.
8&1 Cross step L behind R, make a ¼ turn R stepping forward on R, step forward on L. (9 o'clock).

STEP PIVOT, KICK & TOUCH, TOGETHER TOUCH & HEEL, BACK TOGETHER.

2,3 Step forward on R, make a ½ turn L.
4&5& Kick R forward, step R beside L, touch L toe forward, step L beside R.
6&7 Touch R beside L, step back on R, touch L heel forward.
8& Step back on L, step R beside L. (3 o'clock).

DOROTHY STEPS X 2, STEP, STEP ¾ TURN, CHASSE.

1,2& Step forward on L, cross lock R behind L, step forward on L.
3,4& Step forward on R, cross lock L behind R, step forward on R.
5,6,7 Step forward L, step forward on R and make a ¾ turn L.
8&1 Step R to R side, close L beside R, step R to R side. (6 o'clock).

CROSS, BACK SIDE CROSS, BACK SIDE STEP, BACK TOUCH, FORWARD TOUCH.

- 2 Facing the R diagonal cross L over R.
3&4 Step back on R, step L to L side, facing L diagonal cross R over L.
5&6 Straightening up step back on L, step R to R side, step forward on L.
7&8& Step back on R, touch L beside R, step forward on L, touch R beside L. (6 o'clock).

Begin again.

TAG - End of Wall 4 facing 12 o'clock wall

FORWARD TOUCH, BACK TOUCH, BACK TOUCH , FORWARD TOUCH.

- 1&2& Step forward on R, touch L beside R, step back on L, touch R beside L.
3&4& Step back on R, touch L beside R, step forward on L, touch R beside L.

Sequence: 64, 32, 64, 64, Tag, 32, 64 – Finish Front wall on Word 'Great' before the instrumental section begins, which can be faded out.
