Gentle On My Mind



拍數: 72 牆數: 4 級數: Intermediate

編舞者: Susanne Oates (UK) - February 2008

音樂: Gentle On My Mind - Glen Campbell: (CD: 20 Golden Greats or My Hits)



(16 counts - start on vocals)

LEFT SHUFFLE BACK. TURN 1/2 RIGHT, SHUFFLE. PIVOT 1/2 TURN. SHUFFLE FORWARD

1 & 2 Step left back. Step right beside left. Step left back.

3 & 4 Turn 1/2 right, stepping right forward. Step left beside right. Step right forward.

5 6 Step left forward. Pivot 1/2 turn right.

7 & 8 Step left forward. Step right beside left. Step left forward.

WALK. WALK. TURN 1/2 LEFT, SHUFFLE X 2. PIVOT 1/2 TURN

9 10 Step right forward. Step left forward.

Turn 1/2 left, stepping right back. Step left beside right. Step right back.

Turn 1/2 left, stepping left forward. Step right beside left. Step left forward.

15 16 Step right forward. Pivot 1/2 turn left.

(Easier Option: Steps 11-14 may be replaced with right and left forward shuffles

FORWARD SAILOR X 2, (TRAVELING FORWARDS). SAILOR STEP. TOUCH BEHIND. UNWIND 1/2

TURN.

17&18 Cross right over left, moving forwards. Step left beside right. Step to right side.
19&20 Cross left over right, moving forwards. Step right beside left. Step left to left side.

21&22 Cross right behind left. Step left beside right. Step right to right side.
23 24 Touch left toe behind right. Unwind 1/2 turn left, weight on left foot.

SKATE. SKATE. SHUFFLE FORWARD. ROCK. COASTER.

25 26 Step right forward, swivelling toes right. Step left forward, swivelling toes left.

27&28 Step right forward. Step left beside right. Step right forward.

29 30 Rock left forward. Recover onto right.

31&32 Step left back. Step right beside left. Step left forward.

TOUCH. HITCH. TOUCH. TOUCH. CHASSE. ROCK BACK.

Touch right toe to right side. Hitch right knee across left leg. Point right toe to right side. Touch right toe beside left.

37&38 Step right to right side. Step left beside right. Step right to right side.

39 40 Rock left back. Recover onto right.

SIDE. BEHIND. CHASSE 1/4 LEFT. PIVOT 1/4 TURN. CROSS. TURN 1/4 RIGHT.

41 42 Step left to left side. Step right behind left.

43&44 Step left to left side. Step right beside left. Turn 1/4 left, stepping left forward.

45 46 Step right forward. Pivot 1/4 turn left.

47 48 Cross right over left. Turn 1/4 right, stepping left back.

SHUFFLE BACK, COASTER, TOUCH, HITCH 1/4 TURN, SHUFFLE FORWARD.

49&50 Step right back. Close left beside right. Step right back.51&52 Step left back. Step right beside left. Step left forward.

Touch right toe to right side. Hitch right leg across left, making 1/4 turn right on ball of left

foot

55&56 Step right forward. Step left beside right. Step right forward.

TOUCH. HITCH. TOUCH. TOUCH. CHASSE. ROCK BACK.

59 60	Touch left toe to left side. Touch left toe beside right.
61&62	Step left to left side. Step right beside left. Step left to left side.
63 64	Rock right back. Recover onto left.
SIDE. BEHIND	. CHASSE 1/4 TURN. PIVOT 1/4 TURN. CROSS. TURN 1/4 LEFT.
65 66	Step right to right side. Step left behind right.
67&68	Step right to right side. Step left beside right. Turn 1/4 right, stepping right forward.

Touch left toe to left side. Hitch left knee across right leg.

69 70 Step left forward. Pivot 1/4 turn right.

57 58

71 72 Cross left over right. Turn 1/4 turn left, stepping right back.