

Forgive Me

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Forgive Me - Leona Lewis : (CD: Spirit-Deluxe Version)



(1-8) WALK FORWARD LEFT, RIGHT; KICK, STEP, CROSS; 1/2 TURN RIGHT, SHUFFLE FORWARD

1,2 Step L forward, Step R forward
3&4 Kick L forward, Step back on ball of L, Step R over L
5,6 Step back on L & turn 1/2 right, Step forward on R
7&8 Shuffle forward L, R, L

(9-16) STEP, SLIDE, SYNCOPATED WEAVE, OUT, OUT, STEP BACK BACK, TURN, STEP

1,2 Step R forward, Slide L up to meet R (L takes weight)
3&4 Cross R behind L, Step L to side, Step R foot across L
5,6 Step L foot forward and slightly to side, Step R forward and slightly side (feet shoulder width apart)
7&8 Step L back, Step R back, Turn 1/2 left and step L forward

(17-24) ROCK, STEP, & ROCK, STEP &, JAZZ BOX TURNING 1/4 RIGHT

1,2 Rock forward on R, Step L in place
& Quickly step R foot home
3,4 Rock forward on L, Step R in place
& Quickly step L home
5,6,7,8 Cross R over L, Step L back and turn 1/4 right, Step R to side, Step L beside R

(25-32) SIDE ROCK, RIGHT SAILOR, LEFT SAILOR, SKATE FORWARD RIGHT, LEFT

1,2 Rock to side on R, Recover weight to L
3&4 Cross R behind L, Step L to Side, Step R to side
5&6 Cross L behind R, Step R to side, Step L to side
7,8 Swivel R foot forward and toward right, Swivel L foot forward and toward left

(33-40) CROSS, STEP, SAILOR TURNING 1/4 RIGHT, STEP, HITCH, COASTER

1,2 Cross step R over L, Step L to side
3&4 Cross R behind L while turning 1/4 right, Step L slightly side, Step R slightly forward
5,6 Step L forward, Bending slightly at waist hitch R knee up
7&8 Step R back, Step L beside R, Step R forward

(41-48) OUT, OUT, BACK, BACK, CROSS, 1/4 TURN, COASTER

1,2 Step L forward and to side (roll knee out), Step R forward and to side (roll knee out)
3,4 Step L back, Step R back – keep feet apart shoulder width
5,6 Cross L over R, Step R back and turn 1/4 left
7&8 Step L back, Step R beside L, Step L forward

(49-56) STEP, SWEEP, STEP, SWEEP, ROCK STEP, TURNING TRIPLE IN PLACE

1,2 Step R forward, Sweep L turning 1/4 right, Touch L toe beside R foot
3,4 Step L forward, Sweep R turning 1/4 left, Touch R toe beside L foot
5,6 Rock forward R, Step L in place
7&8 Triple step in place R, L, R full turn right

(57-64) TOUCH, HOLD & TOUCH, HOLD, & CROSS UNWIND 1/2 RIGHT, SHUFFLE FORWARD

1,2 Touch L toe to side, Hold
&3,4 Quickly step L home, Touch R toe to side, Hold

&5,6 Quickly step R home, Cross L over R, Unwind 1/2 to right
7&8 Shuffle forward R, L, R

Begin Again
