

Please Forgive Me

COPPER KNOB
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Val O'Connor (UK) - October 2008
音樂: Forgive Me - Leona Lewis



Intro: 16 Counts (8 Secs) Start On The Words "There's A First Time"

Walk RI, Step Out RI, Step R, Scuff L, Cross Left, Back R, ¼ Left

1-2&3-4 Walk forward right left, (&) step out R to R side and L to L side, step forward on Right.
5-8 Scuff left forward, cross step L over R, step back on R, turn ¼ left stepping L to L side.

Cross R Hold, & R Heel Hold, & Cross L, Point R Flick, ¼ Right Step

1-2&3-4 Cross step R over L, hold for 1 count, (&) step back on L, dig R heel forward, hold for 1 count.
&5-8 (&) step down on R, cross left over R, point R to R side, flick R foot behind L leg, turn ¼ R stepping forward on R.

Sweep L Cross, Back R, ½ L, Side R, L Kick Ball Cross, Point L, Kick L Over

1-4 Sweep L across R, step back on R, turn ½ L stepping forward on L, step R next to L
5&6 Kick L forward, (&) step down on L, cross right over L.
7-8 Point L to L side, kick L in front and across R.

¼ L, Step R, L Mambo, R Rock Back, R Kick Ball Touch

1-2-3&4 Turn ¼ L stepping forward on L, step forward R, rock forward on L (&) recover wt on R, step L next to R.
5-6-7&8 Rock back on R, recover wt on L, kick R forward (&) step down on R, touch L next to R.

Step L Kick R, Step R Kick L, L Behind ¼ R Step, L Touch Ball Cross

1-4 Step L to L side as you dip down, kick R to R diagonal as you stand up, step R to R side (dip down), kick L to left side (stand up).
5-6-7&8 Cross L behind R, turn ¼ R stepping forward R, touch L next to R, (&) step down on L, cross R over L.

Point L Cross, Point R Cross, Back L, ½ R, ¼ R, Touch R

1-4 Point L to L side, cross L over R, point R to R side, cross R over L.
5-8 Step back on L, turn ½ R stepping forward on R, turn ¼ R stepping L to L side, touch R next to L.

Turn ¼ R, L Touch Ball Cross, Point L Side Forward Side, L Behind & Cross

1-2&3-4 Turn ¼ R stepping R to R side, touch L next to R, (&) step down on L, cross R over L, point L to L side.
5-6-7&8 Touch L toe forward, point L to L side, cross L behind R, (&) step R to R side, cross L over R.

Step Forward RI, R Coaster Step, L Heel Hold, Heel Switches RI, Step Down L

1-2-3&4 Step forward R to R diagonal, step forward L to L diagonal, step back R, (&) step L next to R, step forward onto R.
5-6&7&8& Dig L heel forward, hold for 1 count, (&) step down on L, dig R heel forward, (&) step down on R, dig L heel forward, (&) step down on L.

Restart From The Beginning

