

Ghost & Gone

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Lee Klutz - December 2008
音樂: Single Ladies (Put a Ring On It) - Beyoncé



Dance starts w 1st beat after "put your hands up."

SKATE, CROSS ROCK, ½ TURN RIGHT, ROCK, RECOVER, STEP

1-2,3&4 Skate right, left, double skate right
5-6,7&8 Skate left, right, double skate left (weight on your left)
9&10 Cross/rock fwd right over left, recover, step back right
11&12 Half turn right, rock fwd left, recover, step back left

SCISSOR, QUICK GRAPEVINE W STOMP DOUBLE FAN

13&14,15&16 Side step right, left together, cross right over left, repeat w left
17&18&19&20 Grapevine right, stomp w left into double fan left
21&22&23&24 Grapevine left, stomp w right into double fan right (weight on left)

SAILOR STEP, HIP ROLL, WALK FWD SHUFFLE

25&26,27&28 Side step right, left sailor step, ¼ turn right step left, right sailor
29-32 Hip rolls fwd, back, fwd, back
33-34,35&36 Walk fwd right, left, right shuffle fwd
37-38,39&40 Walk fwd left, right, left shuffle fwd

ROCK, RECOVER, ½ TURN RIGHT

41-44 Rock fwd right, recover, step back right, double back slide left into ½ turn right

Restart

When using "Single Ladies", there is a restart at the second "put your hands up" facing wall 2.
Complete steps up through count 20 & restart dance.