

Lessons Learned

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Colette Sweeney (SCO) - February 2010
音樂: Lessons Learned - Carrie Underwood



16 count intro, start on lyrics

(1-8) R Mambo, ½ sailor turn, rock recover, cross shuffle

1&2 Rock forward onto R foot, recover weight onto L, place R next to L.
3&4 Step L behind R, making a ¼, step R to R side making ¼ turn L, step L to L side.
5,6 Rock R out to R side, recover weight onto L foot.
7&8 Cross R over L, step L to L side, cross R over L.

(9-16) Side shuffle, sweep ½ turn, cross ½ turn, cross shuffle

1&2 Step L to L side step R next L step L to L side.
3,4 Sweep R foot round ½ turn L, cross R over L.
5,6 Step L to L side, make ½ turn over R shoulder stepping onto R.
7&8 Cross L over R, step R to R side, cross L over R.

(17-24) Rock recover, behind side front, rumba box

1,2 Rock R out to R side, recover weight onto L
3&4 Step R behind L, step L to L side, cross R over L.
5&6 Step L to L side, close R next to L, step forward L.
7&8 Step R to R side, close L next to R, step back onto R.

(25-32) ¼ turn sways, triple full turn, mambo forward, mambo back

1,2 Make ¼ turn L stepping onto L and swaying L then R.
3&4 Make a full turn over L shoulder stepping L R L.
5&6 Rock forward on R recover weight onto L step R next to L.
7&8 Rock back onto L, recover weight onto R, step L next to R.

(33-40) ¼ pivot, cross shuffle, ½ turn, rock recover side

1,2 Step forward onto R, make ¼ pivot R, placing weight back on L.
3&4 Step R over L, step L to L side, cross R over L.
5,6 Step L to L side, make ½ turn over R shoulder stepping onto R foot.
7&8 Cross L over R, recover weight onto R, step L to L side.

(41-48) Sweep ½ turn cross,L rock recover step back, R rock recover step back, step L ¼ point

1,2 Sweep R foot round making ½ turn crossing R over left.
3&4 Rock L to L side recover weight onto R step L behind R.
5&6 Rock R out to R side recover weight onto L step R behind L.
7,8 Step L to L side, make ¼ turn L Pointing R toe out to R side.

(49-56) ¼ turn point, forward R, forward L lock step, full turn forward, walk R L

1,2 Make ¼ L pointing R toe out to R side, step forward onto R.
3&4 Step forward onto L foot, Lock R behind L, step forward L.
5,6 Make ½ turn over L shoulder stepping back onto R foot, make ½ turn L shoulder stepping forward onto L foot.
7,8 Step Forward R then L

(57-64) Mambo forward R, mambo back L, slide R, slide L.

1&2 Rock forward onto R, recover weight onto L, Step R next to L.
3&4 Rock back onto L, recover weight onto R, step L next to R.

5,6 Step R to R side, close L next to R.
7,8 Step L to L side, close R next to L (keep weight on L foot).

RESTARTS

- (1) End of wall 2 after the R mambo step.**
- (2) 4th wall after L lock step**
- (3) End of wall 6 only do a forward R mambo, and start the dance again.**

Break in music TAG

**on wall 5 the music changes do the dance as normal up to sways and triple turn,
then walk round in a circle going anti clockwise for 4 counts (R L R L), mambo forward R, mambo back L.**

HAVE FUN & ENJOY
