

# 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**

---