

# Like A Ghost

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Sadiah Heggernes (NOR/UK) - August 2010  
音樂: Ghost - Fefe Dobson



32 count intro – start on main vocals

There is 1 re-start during wall 3. Dance first 16 counts then start dance from beginning

## Section 1: Side Rock, Recover, Sailor ¼ Turn, Rocking Chair

1-2            Rock right to right side. Recover weight onto left  
3&4           Cross right behind left. Make ¼ turn right stepping left beside right. Step forward on right.  
                 3.00  
5-6            Rock forward on left. Recover weight onto right.  
7-8            Rock back on left. Recover weight onto right

## Section 2: Step, Lock, Shuffle Forward, Monterey ½ Turn

1.             2 Step forward on left. Lock right behind left  
3&4            Step forward on left. Step right beside left. Step forward on left  
5-6            Touch right to right side. Make ½ turn right on ball of left stepping right beside left. 9.00  
7-8            Touch left to left side. Step left beside right

Re-start here during wall 3 – facing 3.00

## Section 3: Side, Together, Kick Ball Step, Step, Full Turn, Touch Forward

1-2            Step right to right side. Step left beside right  
3&4            Kick forward on right. Step right beside left. Step forward on left  
5-6            Step forward on right. Make ½ turn right stepping back on left  
7-8            Make ½ turn right stepping forward on right. Touch left slightly forward

## Section 4: Side Rock, Recover, Sailor ¼ Turn, Rocking Chair

1-2            Rock left to left side. Recover weight onto right  
3&4            Cross left behind right . Make ¼ turn left stepping right beside left. Step forward on left 6.00  
5-6            Rock forward on right. Recover weight onto left  
7-8            Rock back on right. Recover weight onto left

## Section 5: Step, Slide, Kick Ball Cross, x 2

1-2            Step right to right side. Slide left beside right (keep weight on right)  
3&4            Kick left diagonally forward. Step down on left. Cross right over left  
5-6            Step left to left side. Slide right beside left (keep weight on left)  
7&8            Kick right diagonally forward. Step down on right. Cross left over right

## Section 6: Side, Cross, ¼ Turn, Step, ¼ Pivot, Weave

1.             2 Step right to right side. Cross left behind right  
3-4            Make ¼ turn right stepping forward on right. Step forward on left 9.00  
5-6            Make ¼ pivot right (weight on right). Cross left over right 12.00  
7-8            Step right to right side. Cross left behind right

## Section 7: Right & Left Diagonal Lock Steps

1-2            Step right diagonally forward. Lock left behind right  
3&4            Step right diagonally forward. Lock left behind right. Step right diagonally forward  
5-6            Step left diagonally forward. Lock right behind left  
7&8            Step left diagonally forward. Lock right behind left. Step left diagonally forward

## Section 8: Heel Grind ¼ Turn Right, Rock Back, Heel Grind, Rock Back

- 1-2 Rock forward on right heel, grinding heel round turning  $\frac{1}{4}$  turn right. Step slightly back on left  
3.00
- 3-4 Rock back on right. Recover weight onto left
- 5-6 Rock forward on right heel, grinding heel around Step slightly back on left
- 7-8 Rock back on right. Recover weight onto left

**Ending: You will end the dance facing 6.00 Step forward on right. Pivot  $\frac{1}{2}$  turn left to face 12.00**

**Choreographer's Note: Special thanks to Regina Cheung, Canada for telling me about the music.**

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