

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.
