

Out of Goodbyes

拍數: 32 牆數: 4 級數: Upper Beginner
編舞者: Chris Mann (AUS) - October 2010
音樂: Out of Goodbyes (feat. Lady Antebellum) - Maroon 5 : (CD: Hands All Over)



Begin with weight on left foot after 20 counts.

[1-8] Rock, recover, shuffle back, rock, recover, pivot ½ right

1, 2 Rock forward on right foot, recover weight on left
3&4 Shuffle back stepping right, left, right
5, 6 Rock back on left foot, recover weight on right
7, 8 Step forward on left foot, turn ½ right transferring weight to right foot

[9-16] Rock, recover, coaster step, pivot ½ left, walk, walk

1, 2 Rock forward on left foot, recover weight on right
3&4 Step back on left foot, step together on right foot, step forward on left foot
5, 6 Step forward on right foot, turn ½ left transferring weight to left foot
7, 8 Walk forward right, left(*)

[17-24] Step, hold, pivot ½ right, shuffle forward, rock, recover

1, 2 Step forward on right foot, hold
3, 4 Step forward on left foot, turn ½ right transferring weight to right foot
5&6 Shuffle forward stepping left, right, left
7, 8 Rock forward on right foot, recover weight on left

[25-32] Step back, hold, rock, recover, shuffle forward, pivot ¼ left

1, 2 Step back on right foot, hold
3, 4 Rock back on left foot, recover weight on right
5&6 Shuffle forward stepping left, right, left
7, 8 Step forward on right foot, turn ¼ left transferring weight to left foot

(32) Repeat dance facing new wall

Restart: On wall 5, dance up to count 16(*), then begin the dance again.

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