

Come Undone

拍數: 32 牆數: 4
編舞者: Adrian Churm (UK) - January 2011
音樂: Come Undone - Thorne Hill

級數: Easy Intermediate NC2S



This is the official dance release choreographed as requested by Thorne and the record company.
Watch out for his music video coming soon.

Start 28 sec in heavy beat.

Sec 1: Night club two step basic x2, weave into cross rock, side.

1 Step right foot to the right side
2&3 Rock left foot back and behind right, recover forward onto right foot, step left foot to the side.
4&5 Rock right foot back and behind left, recover forwards onto left foot, step right foot to the side.
6&7 Step left foot back and behind right, step right foot to the side, rock left foot forward and across right.
8& Recover back onto right foot, step left foot to the side.
(End facing 12 o'clock)

Sec 2: Cross rock, extended weave into cross rock, ¼ turn left, ½ turn left into coaster step.

1 Step right foot forward and across left
2&3 Recover back onto left foot, step right foot to the side and slightly back, step left foot across right.
&4 Step right foot to the side, step left foot behind right.
&5 step right to the side, rock left foot forward and across right
6&7 Recover back onto right foot, ¼ turn left step forward onto left, ½ turn left step back onto right foot.
8& Step left foot back, close right to left (starter of coaster step)
(End facing 3 o'clock)

Sec 3: Left foot forward, scissor steps x2, rock into ronde with ¼ turn right, behind, side

1 Step left foot forward (end of coaster step)
2&3 Step right foot to the side, close left foot towards right, step right foot forward and across left.
4&5 Step left foot to the side, close right foot towards left, step left foot forward.
6 – 7 Rock right foot forward, recover back onto left & swing the right leg around making a ¼ turn right.
8 & Step right foot behind left, take a small step to the left side with left foot
(End facing 6 o'clock)

*** Two count Bridge here 1st, 3rd & 4th repetition of dance see notes at bottom of page. ***

Sec 4: Night club Two step basic with ¼ turn right, back mambo, Scissor step, sway hips right & left.

1 Step right foot to the right side.
2&3 Rock left foot back and behind right, recover forward onto right foot, ¼ turn right step left foot back.
4&5 Step right foot back, recover forward onto left foot, step forward with right foot.
6&7 Step left foot to the side, close right foot towards left, step left foot across right.
8& Step right foot to the side swaying hips right, sway hips left allowing right foot to draw in.
(End facing 9 o'clock)

Start again.....Happy Dancing

Notes: Two count bridge - end of section 3 on the 1st, 3rd & 4th repetitions of dance.

1 – 2 Step right foot to the side swaying hips right, sway hips left allowing right foot to draw in
Then continue as normal from section 4

Optional ending to end facing the front

Dance up to and including count 8 in section 1 on the 8th repetition facing 3 O' clock then on the '&' count make a $\frac{1}{4}$ turn left step forward left then step right foot forward for 1 count.

A big thank you to Thorne and his team for choosing me to choreograph to this beautiful song.

Music site: www.thorne-hill.com

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