

Gone

拍數: 80 牆數: 2 級數: Phrased Improver
編舞者: Terri Lineberry (USA) - September 2011
音樂: Gone - Montgomery Gentry : (CD: You Do Your Thing)



Begin with lyrics - Sequence: ABC,A Tag ABC, ABC Tag BC, AC,ABC

SECTION A - 32 counts

TWIST RIGHT DIAGONAL, TWIST LEFT DIAGONAL, SHUFFLE TWIST RIGHT DIAGONAL

1-2 Twist right foot right, Twist left foot left
3&4 Shuffle twist right diagonally (r,l,r)
5-6 Twist left foot left, Twist right foot right
7&8 Shuffle twist left diagonally (l,r,l)

STEP LOCK, STEP LOCK STEP

1-2 Step right forward, step left behind right
3&4 Step right forward, step left behind right, step right forward
5-6 Step left forward, step right behind left
7&8& Step left forward, step right behind left, step left forward ¼ turn left

TWIST RIGHT DIAGONAL, TWIST LEFT DIAGONAL, SHUFFLE TWIST RIGHT DIAGONAL

1-2 Twist right foot right, Twist left foot left
3&4 Shuffle twist right diagonally (r,l,r)
5-6 Twist left foot left, Twist right foot right
7&8 Shuffle twist left diagonally (l,r,l)

STEP LOCK, STEP LOCK STEP

1-2 Step right forward, step left behind right
3&4 Step right forward, step left behind right, step right forward
5-6 Step left forward, step right behind left
7&8 Step left forward, step right behind left, step left forward)

SECTION B - 16 counts

WEAVE RIGHT, ROCK RECOVER, CROSS SHUFFLE

1-4 Step right to right, step left behind right, step right to right, cross left over right
5-6 Rock right to right, recover on left
7&8 Cross right over left, step left to side, cross right over left

WEAVE LEFT, ROCK RECOVER, CROSS SHUFFLE

1-4 Step left to left, step right behind left, step left to left, cross right over left
5-6 Rock left to left, recover on right
7&8 Cross left over right, step right to right, cross left over right

SECTION C - 32 counts

KICK KICK STEP CROSS STEP RIGHT & LEFT

1-2 Kick right forward 2 times
3&4 Step right beside left, cross left over right, step right to right
5-6 Kick left forward 2 times
7&8 Step left beside right, cross right over left, step left to left

DOUBLE HEELS, SINGLE HEELS, HOLD

1-2&3-4 Tap right heel forward 2 times, switch, tap left heel forward 2 times

&5&6& Step left together, tap right heel forward, step right together, tap left heel forward, bring left together

7-8 Point hands like guns and pump them 2 times

GRAPEVINE RIGHT & LEFT WITH TRIPLE STEP ¼ TURN LEFT

1-2-3&4 Step right to right, step left behind right, triple step r,l,r

5-6-7&8 Step left to left, step right behind left, triple step ¼ left l,r,l

K-STEP

1-2 Step right forward, touch left to right,

3-4 Step left back, touch right to left

5-6 Step right back, touch left to right

7-8 Step left forward, touch

BEGIN AGAIN

TAG: ¼ TURN LEFT
