

Forgive & Forget

拍數: 64 牆數: 3 級數: Intermediate
編舞者: Mathias Pflug (DE) - April 2012
音樂: Forgive Forget - Caligola : (iTunes)



Intro: After the first "STOP!". (=32 counts before the main vocals)

[S1] Shuffle Forward, 1/2 Turn R, 1/4 Turn R, 1/4 Turn R Chassé, Back Rock, Recover

1&2 Step right forward, Step left beside right, Step right forward
3-4 1/2 turn right & step left forward, 1/4 turn right & step right to right
5&6 1/4 turn right & step left forward, Step right beside left, Step left to left
7-8 Step right back, Recover on left [12:00]

[S2] Side, Behind-Side-Heel & Cross, Side, Behind & Crossing Shuffle

1-2 Step right to right, Step left behind right
&3 Step right to right, Tap left heel forward
&4 Step left beside right, Cross right over left
5-6 Step left to left, Step right behind left
& Step left to left
7&8 Cross right over left, Step left next to right (still crossed), Cross right over left [12:00]

[S3] Side Rock, Recover, 3/4 Turn L Sailor Step, Step, Full Turn R, Step

1-2 Step left to left, Recover on right
3&4 1/2 turn left & cross left behind right, Step right beside left, 1/4 turn left & step left to left
5 Step right forward
6-7 1/2 turn right & step left forward, 1/2 turn right & step right back
8 Step left forward [3:00]

[S4] Rock Forward, Recover, Back Rock-Recover-Side Rock-Recover, Jazzbox 1/4 Turn R

1-2 Step right forward, Recover on left
&3 Step right back, Recover on left
&4 Step right to right, Recover on left
5-6 Cross right over left, Step left back
7-8 1/4 turn right & step right to right, Step left beside right [6:00]

[S5] Modified Monterey 1/2 Turn R, 1/4 Turn R Chassé, Back Rock, Recover, Full Turn L

1-2 Point right toe to right, 1/2 turn right while bringing right beside left
3&4 Step left to left, Step right beside left, 1/4 turn right & step left to left
5-6 Step right back, Recover on left
7-8 1/2 turn left & step right forward, 1/2 turn left & step left back [3:00]

[S6] Rock Forward, Recover, Coaster Step, 1/4 Turn R, Touch, Kick-Ball-Cross

1-2 Step right forward, Recover on left
3&4 Step right back, Step left beside right, Step right forward
5-6 1/4 turn right & step left forward, Touch right beside left
7&8 Kick right forward, Step right beside left, Cross left over right [6:00]

(Restart here during wall 2, facing 9 o'clock)

[S7] Side, Close, Shuffle Forward, Step, 1/4 Pivot R, Crossing Shuffle

1-2 Step right to right, Step left beside right
3&4 Step right forward, Step left beside right, Step right forward
5-6 Step left forward, 1/4 pivot right

7&8 Cross left over right, Step right next to left (still crossed), Cross left over right [9:00]

[S8] (Side, Touch) R+L, Kick-Ball-Change, Step, 1/2 Pivot Turn L

1-2 Step right to right, Touch left beside right

3-4 Step left to left, Touch right beside left

5&6 ** Kick right forward, Step right beside left, Step left beside right

7-8 Step right forward, 1/2 pivot left [3:00]

REPEAT!

Tag: (After wall 3 , facing 12 o'clock)

Shuffle Forward, 1/2 Turn R, 1/4 Turn R, 1/4 Turn R Chassé, Back Rock, Recover

1&2 Step right forward, Step left beside right, Step right forward

3-4 1/2 turn right & step left forward, 1/4 turn right & step right to right

5&6 1/4 turn right & step left forward, Step right beside left, Step left to left

7-8 Step right back, Recover on left [12:00]

(Chassé, Back Rock, Recover) R+L

1&2 Step right to right, Step left beside right, Step right to right

3-4 Step left back, Recover on right

5&6 Step left to left, Step right beside left, Step left to left

7-8 Step right back, Recover on left [!2:00]

Finishing: During wall 5, facing 12 o'clock, dance to count 60 and add then a right Jazzbox**

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