

Forget Him

拍數: 32 牆數: 4 級數: Improver
編舞者: Audri R. (UK) - May 2012
音樂: Forget Him - Bobby Rydell : (CD: Cameo Parkway: The Best of ..1959-1964 - iTunes)



Intro: 8

TOE STRUTS FORWARD RUMBA BOX FORWARD TOE STRUTS FORWARD, RUMBA BOX BACK

1&2& Step right toe forward, drop right heel, step left toe forward, drop left heel
3&4 Step right side, step left together, step right forward
5&6& Step left toe forward, drop left heel, step right toe forward, drop right heel
7&8 Step left side, step right together, step left back

TOE STRUTS BACK, SHUFFLE BACK, TOE TOUCH BACK, TURN ½ LEFT, SHUFFLE FORWARD

1&2& Step right toe back, drop right heel, step left toe back, drop left heel
3&4 Chassé back right-left-right
5-6 Step left toe back, turn ½ left and drop left heel (6:00)
7&8 Chassé forward right-left-right

MONTEREY ¼ TURN, TOUCH, SIDE CLOSE SIDE, BACK ROCK RECOVER SIDE, SAILOR STEP

1&2& Touch left side, turn ¼ left and step left together, touch right side, touch right together (3:00)
3&4 Chassé side right-left-right
5&6 Rock left back, recover to right, step left side
7&8 Cross right behind left, rock left side, recover to right

MAMBO FORWARD MAMBO BACK, LOCK FORWARD HEEL FORWARD, TOE BACK

1&2 Rock left forward, recover to right, step left back
3&4 Rock right back, recover to left, step right forward
5&6 Locking chassé forward left-right-left
7-8 Touch right heel forward, touch right back

REPEAT

ENDING: Music slows down. Dance through slow beat with steps to match beat.
Dance ends on first step of chassé