

Farewell & Goodbye

拍數: 32 牆數: 4 級數: Improver
編舞者: Nelly Chu (CAN) - January 2011
音樂: Farewell and Goodbye - Ireen Sheer



Start after 20 counts

Side step rock recover ¼ turn right pivot ½ turn right ½ turn sweep behind side cross rock recover step

1 2&3 Step left to left side, rock back on right recover on left, ¼ turn right step right forward
4&5 Step forward on left, ½ turn right (weight on right) ½ turn right on ball of right and step left
beside right with sweep right from front to back (3:00)

Easy No-turn option: step forward on left, recover on right, step back on left with sweep right from front to back

6&7 Step right behind left, step left to left, cross right over left
8&1 Rock left forward, recover on right, step left to left side (3:00)

Rock recover ¼ turn left ¼ turn left side cross side rock recover step side rock recover sweep

2&3 Rock back on right, recover on left, ¼ turn left step back on right
4&5 ¼ turn left step left to left, cross right over left, step left to left side (9:00)
6&7 Rock back on right, recover on left, step right to right side
8&1 Rock forward on left, recover on right, sweep left from front to back

Left sailor ½ turn left rock recover sway hips right left right left behind sweep

2&3 Cross step left behind right, ½ turn left step right beside left, step left forward (3:00)
4&5 Rock forward on right, recover on left, step right to right with hips sway right
6 7 Sway left, sway right
8&1 Step left in place, step right slightly behind left, sweep left from front to back

Behind side cross, step pivot ½ turn left step full turn right, rock recover step side

2&3 Step left behind right, step right to right side, cross left over right
4&5 Step forward on right, pivot ½ turn left (weight on left) step right forward (9:00)
6 7 ½ turn right step back on left, ½ turn right step forward on right
8&1 Rock forward on left, recover on right, step left to left side (9:00)

Tag: End of wall 2 facing 6 o'clock - Hip sways

1-4 Swaying hips left, right, left, right start the dance again from the beginning

Ending The end of the last wall facing 3 o'clock wall 8&1 rock left forward recover on right ¼ turn left and pose to end facing front wall

Have Fun!

Contact: alexoptical@rogers.com