

# Bitter & Sweet

拍數: 48      牆數: 2      級數: Easy Novice  
編舞者: Sebastiaan Holtland (NL) - December 2013  
音樂: Blue Bittersweet - Ilse DeLange



Start dancing at (05 sec).

**[1-8] Step, 1/4 R, Side, Coaster Step R, Big step Fwd, 1/2 Sweep Turn L, Lock Step Fwd.**

1-2            Step Rt Fwd, turn 1/4 right (3) step Lt to the left.  
3&4           Step Rt back, step Lt next to Rt, step Rt Fwd.  
5-6           Step Lt big Fwd, turn 1/2 left (9) sweep Rt from font to front.  
7&8           Step Rt Fwd, lock Lt behind Rt, step Rt Fwd.

**[9-16] Side Rock, Recover, Sailor Turn 1/4 R, Fwd Point, Knee Lift, R Anchor Step.**

1-2            Rock Lt to the left, Recover on Rt.  
3&4           Step Lt behind Rt, turn 1/4 right (12) step Rt to the right, step Lt Fwd.  
5-6           Point Rt Fwd, lift R Knee up.  
7&8           Locked Rt behind Lf take weight on Rt, Recover on Lt, Recover on Rt.

**[17-24] Back, Sweep R, Back, Sweep L, L Anchor Step, Walks Fwd R-L.**

1-2            Step Lt back, Sweep Rt from front to back.  
3-4            Step Rt back, Sweep Lt from front to back.  
5&6           Locked Lt behind Rf take weight on Lt, Recover on Rt, Recover on Lt.  
7-8            Walk Rt Fwd, walk Lt fwd. (12:00)

**[25-32] Fwd Rock, Recover, 1/4 R, & Cross, Hold, & Heel, Hold, & Heel, Hold.**

1-2            Rock Rt Fwd, Recover on Lt.  
&3-4           Turn 1/4 right (3) step Rt slightly to the right, cross Lt over Rt, Hold.  
&5-6           Step Rt slightly diagonal back, bring L heel fwd, Hold (holding weight onto Rt).  
&7-8           Step Lt slightly diagonal back, bring R heel fwd, Hold (holding weight onto Lt).

**[33-40] Step, 1/4 R, Side, Coaster Step R, Step, Point, Cross, Point.**

1-2            Step Rt Fwd, turn 1/4 right (6) step Lt to the left.  
3&4           Step Rt back, step Lt next to Rt, step Rt Fwd  
5-6           Step Lt Fwd, point Rt out to the right.  
7-8           Cross Rt over Lt, point Lt out to the left.

**[41-48] Fwd Rock, Recover, 1/2 Shuffle Turn L, 1/2 Pivot Left, Walks Fwd R-L.**

1-2            Rock Lt fwd, Recover on Rt.  
3&4           Turn 1/2 left (12) step Lt fwd, step Rt beside Lt, step Lf fwd.  
5-6           Step Rt Fwd, turn 1/2 left (6) take weight on Lt.  
7-8           Walk Rt Fwd, walk Lt Fwd.

Start again and have fun!

Contact: [smoothdancer79@hotmail.com](mailto:smoothdancer79@hotmail.com)