

# Before I Die (P)

拍數: 64      牆數: 0      級數: Improver Partner  
編舞者: Pierre-Jean CHEYNEL (FR) - January 2014  
音樂: Sing Me Back Home - John Permenter



Start dancing on lyrics, - Side by side position

## [1 - 8] Rumba Box, Hold, Rumba Box, Hold

1 - 4      Step left to side, step right next to left, step left forward, Hold  
5 - 8      Step right to side, step left to right, step right back, Hold

## [9 - 16] Rock Back Recover, Step with ¼ turn Right, Hold, Behind Side Cross, Hold

1 - 4      Rock Back on Left, Recover onto Right, ¼ Turn Right with Step left to side, Hold ?  
5 - 8      Cross right Behind left, Step left to side, Cross right over left, Hold

\* : Indian Position

## [17 - 24] Long Step Side, Slide, RF beside Left, LF on place, Long Step Side, Slide, LF beside Right, RF on place

1 - 4      Long Step left to side , Slide RF next left, Step Right on Place, Step Left on Place,  
5 - 8      Long Step right to side , Slide LF next right, Step Left on Place, Step Right on Place

## [25 - 32] Man : Grapevine Left, Touch, Grapevine Right, Touch

## [25 - 32] Lady : Rolling Grapevine Left, Touch, Rolling Grapevine Right, Touch

1 - 4      Step left to side, Cross right behind left, step left to side, Touch Right together  
5 - 8      Step right to side, Cross left behind right, step right to side, Touch left together  
1 - 2      Turn ¼ left and step left forward, turn ½ left and step right back  
3 - 4      Turn ¼ left and step left to side, Touch right together  
5 - 6      Turn ¼ right and step right forward, turn ½ right and step left back  
7 - 8      Turn ¼ right and step right to side, Touch left together

## [33 - 40] Coaster Step, Hold, Step, ¼ Turn Left, Step, Hold

1 - 4      Step left back, step right beside left, step left forward, hold  
5 - 8      Step Right Forward, ¼ turn left, step right forward, hold (8) ??

\*\* : Side by Side

## [41 - 48] Man : Step, Lock, Step, Hold, Mambo Forward, Hold

## [41 - 48] Lady : ½ Right X2, Step, Hold, Mambo Forward, Hold

1 - 4      Step left forward, lock right behind, Step left forward, hold  
5 - 8      Rock forward on right, recover weight on left, step right beside left, hold  
1 - 4      Turn ½ Right and step left back, Turn ½ Right and step right forward, Step Left forward, hold  
5 - 8      Rock forward on right, recover weight on left, step right beside left, hold

## [49 - 56] Long Step Side, Slide, RF beside Left, LF on place, Long Step Side, Slide, LF beside Right, RF on place

1 - 4      Long Step left to side , Slide RF next left, Step Right on Place, Step Left on Place,  
5 - 8      Long Step right to side , Slide LF next right, Step Left on Place, Step Right on Place

## [57 - 64] Rocking Chair, Left Jazz Box Cross

1 - 4      Rock left forward, recover onto right, Rock left back, recover onto right  
5 - 8      Cross left over right, Step back on right, Step left to side, Cross right over left.

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