

Before I Met You

拍數: 48 牆數: 2 級數: Improver - fast waltz
編舞者: Claire Denney (CAN) - January 2014
音樂: Before I Met You - Eddie Adcock Band : (Album: 20 Golden Country Waltzes - iTunes)



A: Forward, Ball Change, Coaster Step

1-3 Left step forward, Right ball of foot step behind left heel, Left recover weight
(body turns slightly 1:00)
4-6 Right step back, Left step beside right, Right step forward
(body returns 12:00)

B: Forward, Tap, Kick, Coaster Step

1-3 Left step forward, Right tap beside left, Right low kick forward
4-6 Right step back, Left step beside right, Right step forward

C: Forward, Ball Change, Coaster (same as Section A)

1-3 Left step forward, Right ball of foot step behind left heel, Left recover weight
(body turns slightly 1:00)
4-6 Right step back, Left step beside right, Right step forward
(body returns to 12:00)

D: Forward, Tap, Kick, Coaster Step (same as Section B)

1-3 Left step forward, Right tap beside left, Right low kick forward
4-6 Right step back, Left step beside right, Right step back

E 1/4 Left Waltz, Back, Drag, Touch

1-3 Left step 1/4 turn left, Right step beside left, Left step beside right
4-6 Right big step back, Left drag beside right, Left touch beside right

F: 1/4 Left Waltz, Back, Drag, Touch (same as Section E)

1-3 Left step 1/4 turn left, Right step beside left, Left step beside right
4-6 Right big step back, Left drag beside right, Left touch beside right

G: Step (turn body 1:00), Heel Drops, Coaster Step

1-3 Left step left (turn body & toes 1:00 leave right toe in place), Right heel drops twice
4-6 Right step back (12:00 wall), Left step beside right, Right step forward

H: Step (turn body 1:00), Heel Drops, Coaster (same as Section G)

1-3 Left step left (turn body & toes 1:00 leave right toe in place), Right heel drops twice
4-6 Right step back (12:00 wall), Left step beside right, Right step forward

START AGAIN

Contact: claire.denney1@gmail.com