

So Sad

拍數: 96 牆數: 2 級數: Intermediate
編舞者: Ria Vos (NL) - June 2014
音樂: So Sad - Bo Saris : (Album: Gold)



Intro: 32 counts (±18 sec)

[1-8] R Step Fwd, ½ Turn R, R Back-L Point Fwd, L Step Fwd-R Point Back, R Step Back- L Point Fwd

1-4 Step Fwd R, ½ Turn R Step Back on L, Step Back on R, Angle Body R Point L Fwd (6:00)
5-6 Step Fwd on L, Point R Back Leaning Body Slightly Fwd
7-8 Step Back on R, Angle Body R Point L Fwd

[9-16] L Step Fwd, ¼ L Point R, R Cross, Point L, L Cross, ¼ L, ¼ L Chasse

1-4 Step Fwd on L, ¼ Turn L Point R to R Side, Cross R Over L, Point L to L Side (3:00)
5-6 Cross L Over R, ¼ Turn L Step Back on R
7&8 ¼ Turn L Step L to L Side, Step R Next to L, Step L to L Side (9:00)

[17-24] R Crossing Toe Strut, L Side Rock ¼ Turn R, L Toe Strut Fwd, Full Turn L

1-4 Touch R Toe Crossed Over L, Lower R Heel, Rock L to L Side, ¼ Turn R Recover on R (12:00)
5-6 Touch L Toe Fwd, Lower L Heel
7-8 ½ Turn L Step Back on R, ½ Turn L Step Fwd on L (12:00)

[25-32] R Rock Fwd, Walk Back R-L, Back Bump x2, ¼ R Bump L-R

1-4 Rock Fwd on R, Recover on L, Step Back on R, Step Back on L
5&6 Step Back on R Bump Hip Back, Recover Hip, Bump Hip Back (Weight R)
7-8 ¼ Turn R Bump Hip L, Bump Hip R (3:00)

(NOTE: NEXT 32 COUNTS ARE OPPOSITE FIRST 32 COUNTS)

[33-40] L Step Fwd, ½ Turn L, L Back-R Point Fwd, R Step Fwd,-L Point Back, L Step Back-R Point Fwd

1-4 Step Fwd L, ½ Turn L Step Back on R, Step Back on L, Angle Body L Point R Fwd (9:00)
5-6 Step Fwd on R, Point L Back Leaning Body Slightly Fwd
7-8 Step Back on L, Angle Body L Point R Fwd

[41-48] R Step Fwd, ¼ R Point L, L Cross, Point R, R Cross, ¼ R, ¼ R Chasse

1-4 Step Fwd on R, ¼ Turn R Point L to L Side, Cross L Over R, Point R to R Side (12:00)
5-6 Cross R Over L, ¼ Turn R Step Back on L
7&8 ¼ Turn R Step R to R Side, Step L Next to R, Step R to R Side (6:00)

[49-56] L Crossing Toe Strut, R Side Rock ¼ Turn L, R Toe Strut Fwd, Full Turn R

1-4 Touch L Toe Crossed Over R, Lower L Heel, Rock R to R Side, ¼ Turn L Recover on L (3:00)
5-6 Touch R Toe Fwd, Lower R Heel
7-8 ½ Turn R Step Back on L, ½ Turn R Step Fwd on R (3:00)

[57-64] L Rock Fwd, Walk Back L-R, Back Bump, Hold, ¼ L Bump R-L

1-4 Rock Fwd on L, Recover on R, Step Back on L, Step Back on R
5&6 Step Back on L Bump Hip Back, Recover Hip, Bump Hip Back (Weight L)
7-8 ¼ Turn L Bump Hip R, Bump Hip (12:00)

[65-72] R Cross, Hold, & R Behind, ¼ L, Step Pivot ½ L, R Shuffle Fwd

1-2 Cross R Over L, Hold
&3-4 Step L to L Side, Step R Behind L, ¼ Turn L Step Fwd on L (9:00)

5-6 Step Fwd on R, Pivot ½ Turn L (3:00)
7&8 Shuffle Fwd Stepping R-L-R

[73-80] L Step Pivot Full Turn R, L Back, Sweep, R Behind-Side-Cross, L Side Rock

1-4 Step Fwd on L, Pivot ½ Turn R, ½ Turn R Step Back on L, Sweep R from Front to Back (3:00)
5&6 Step R Behind L, Step L to L Side, Step R Over L
7-8 Rock L to L Side, Recover on R

[81-88] L Cross, Hold, & L Behind, ¼ L, Step Pivot ½ L, L Shuffle Fwd

1-2 Cross L Over R, Hold
&3-4 Step R to R Side, Step L Behind R, ¼ Turn R Step Fwd on R (6:00)
5-6 Step Fwd on L, Pivot ½ Turn R (12:00)
7&8 Shuffle Fwd Stepping L-R-L

[89-96] R Jazz Box, R Step ¼ L (Hiproll), R Step ¼ L (Hiproll)

1-4 Cross R Over L, Step Back on L, Step R to R Side, Step Fwd on L
5-6 Step Fwd on R, Pivot ¼ Turn L Rolling Hips CCW (9:00)
7-8 Step Fwd on R, Pivot ¼ Turn L Rolling Hips CCW (6:00)
