Consider Me Gone (zh)



Count: 48 Wall: 2 Level: Intermediate/Advanced

Choreographer: Shaz Walton (UK) & Dave Morgan (UK) - 2011年01月

Music: Consider Me Gone - Reba McEntire



前奏: 16 Count Intro. 16拍後起跳

第一段 Rock, Recover, ½ Turn ½ Shuffle, Sweep, Cross Back, Chasse

- 1,2,3 Rock Back On Left. Recover On Right. Make ½ Turn Right Stepping Back On Left. 左足後下沉, 右足回 復, 右轉180度左足後踏
- 4&5 Making ½ Turn Right Shuffle Forward On Right. On Count 5 Sweep Left Out Into ¼ Turn Right. 右轉180 度前交換, 第5拍左足繞右轉90度
- 6,7 Cross Left Across Right. Step Right Back.

左足於右足前交叉踏, 右足後踏

8&1 Step Left To Left Side. Step Right Beside Left. Step Left To Left Side. 左足左踏, 右足併踏, 左足左踏

第二段 Touch, Walk, Walk, Sycopated Weave, Press Recover Sweep.

- Touch Right Beside Left. 右足併點
- 3,4 Walk Right, Walk Left Making ½ Turn Right. (In An Arc) 右足前走, 右轉180度左足前走
- 5&6& Step Right Across Left. Step Left To Left Side. Step Right Behind Left. Step Left To Left Side. 右足於左足前交叉踏, 左足左踏, 右足於左足後踏, 左足左踏
- 7,8 Press Right Across Left, Recover On Left. Sweep Right Out. 右足於左足前交叉壓踏, 左足回復, 右足繞至後

第三段 Sailor 1/4, Twist, Twist, Full Spiral Sweep, Behind Side Cross, Sway

- 1&2 Step Right Behind Left. Step Left Beside Right Making ¼ Turn Right. Step Right Forward. 右足於左足後 踏, 右轉90度左足併踏, 右足前踏
- 3,4 Pivot On Balls Of Feet ½ Turn Left. Pivot On Balls Of Feet ½ Turn Right. (Weight Even) 左軸轉180度, 雙腳右轉180度
- Spin On Ball Of Right Foot A Full Turn Left, Sweeping Left Out And Around. 5 重心在右足左轉圈, 左足繞向後

Easier Option (Sweep Left Forward Out And Around Leaving Full Turn Out) 簡易版:左足繞向前左轉圈

Step Left Behind Right. Step Right To Right Side. Step Left Across Right.

6&7 左足於右足後踏, 右足右踏, 左足於右足前交叉踏

Sway Right To Right Side. 右足右踏右擺臀

Restart And Tags

On Wall 5 Dance 24 Counts. Add Following 4 Counts And Restart The Dance.

第五面牆跳至第三段結束,加下面4拍後,從頭起跳

Sway Left, Sway Right, Sway Left, Sway Right. 1.2.3.4 擺臀-左,右,左,右

第四段 Sway, Touch & Touch, Ball Cross, Ball Cross, Unwind 3/4 Turn, Side Rock Recover.

- Sway Left To Left Side. 左足左踏左擺臀
- 2&3 Touch Right Beside Left. Step On Right. Touch Left Beside Right. 右足併點, 右足踏, 左足併點
- &4&5 Making 1/4 Turn Right. Step Left To Left Side. Step Right Across Left. Step Left To Left Side. Step Right Across Left. 右轉90度左足左踏, 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

6 Unwind ¾ Turn Left. Weight Ends On Right. 左繞轉270度重心在右足 7,8 Rock Left To Left Side. Recover On Right. 左足左下沉, 右足回復 第五段 Dorothy Steps With 1/2 Turns. Step Left To Left Diagonal. Lock Right Behind Left. Step Left To Left Diagonal. 左足左斜角前踏, 右足於 1,2& 左足後鎖踏, 左足左斜角前踏 3,4& Step Right To Right Diagonal. Lock Left Behind Right. Unwind ½ Turn Left. Weight On Right. 右足右斜 角前踏, 左足於右足後鎖踏, 右足右斜角前踏 5-8 Repeat Above 4 Counts. 重覆前面4拍 第六段 Side Rock Recover, Sailor Step, Sycopated Rock Steps. Rock Left To Left Side. Recover On Right. 左足左下沉, 右足回復 1,2 3&4 Step Left Behind Right, Step Right To Right Side. Step Left Slightly Forward. 左足於右足後踏, 右足右踏, 左足略前踏 Rock Forward On Right. Recover On Left. Step Right In Place. 5,6& 右足前下沉, 左足回復, 右足踏 7,8 Rock Forward On Left. Recover On Right. 左足前下沉, 右足回復 Tags At The End Of Wall 2 There Is An 8 Count Tag. 第二面牆結束時, 加8拍 Rock Recover, Shuffle Forward, Rock Recover, Shuffle Back. Rock Back On Left. Recover On Right. 左足後下沉, 右足回復 1,2 3&4 Step Left Forward. Step Right Beside Left. Step Left Forward. 左足前踏, 右足併踏, 左足前踏 Rock Forward On Right. Recover On Left. 右足前下沉, 左足回復 5,6 7&8 Step Right Back. Step Left Beside Right. Step Right Back. 右足後踏, 左足併踏, 右足後踏