拍数： 32
蟺数： 2
级数：Improver NC2S
编舞者：Stig Ekström（SWE）－December 2014
音乐：Helena－Ted Gärdestad

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[^0]:    ＊＊Dedicated to：Helena Schoegje at her 50 years anniversary December 30， 2014 ＊＊
    Start after a 32 count intro，the beat in the intro has double speed．
    Section 1：$\square$ Right Basic，Left Basic，Step，Step Turn $1 / 2$ Step，Side，Together，Forward
    $1,2 \& \quad$ Step right to right side，cross left behind right，step right over left．
    $3,4 \& \quad$ Step left to left side，cross right behind left，step left over right．
    $5,6 \& 7 \quad$ Step forward on right，step forward on left，turn $1 / 2$ right and step forward on right，step forward on left．
    8 \＆ 1 Step right to right side，close left to right，step forward on right．
    Section 2：$\square$ Side，Together，Back，Coaster Step，Shuffle forward， $1 / 4$ turn Rock，Recover
    2 \＆ 3 Step left to left side，close right to left，step back on left．
    4 \＆ $5 \quad$ Step back on right，close left next to right，step forward on right．
    $6 \& 7$ Step forward on left，close right next to left，step forward on left．
    $8 \& \quad$ Turn $1 / 4$ to left and rock right to right side，recover on left．（3 o＇clock）
    Tag／Restart on all walls during chorus and the instrumental wall 6；Restart on wall 2，4，6，7，9， 10 and 11. In section 2 change the last two steps before the Restart to：
    8 \＆Step forward on right，close left to right．
    Section 3：口Right Basic，Side，Behind，Side，Cross，Side，Together，Left Basic
    $1,2 \& \quad$ Step right to right side，cross left behind right，step right over left．
    $3,4 \& \quad$ Step left to left side，cross right behind left，step left to left side．
    $5,6 \& \quad$ Cross right over left；step left to left side，close，right to left．
    $7,8 \& \quad$ Step left to left side，cross right behind left，step left over right
    Section 4：$\square 114$ turn Forward，Full Turn，Step，Side，Together，Back，Coaster Step，Step Together
    1
    Turn $1 / 4$ to right and step forward on right．（ 6 o＇clock）．
    2 \＆ 3 Turn $1 / 2$ to right and step back on left，turn $1 / 2$ to right and step forward on right，step forward on left．
    $4 \& 5 \quad$ Step right to right side，close left to right，step back on right．
    6 \＆ $7 \quad$ Step back on left，close right next to left，step forward on left．
    8 \＆Step forward on right，close left to right．

