

拍数: 64

级数: Phrased

编舞者: Bracken Heidenreich (USA) - November 2015

音乐: Gone - JR JR : (Album: JR JR - iTunes USA)

墙数:4



Section A is 32 counts, Section B is 32 counts - They are VERY similar, so don't be put off that it is a "phrased" dance. :) It really is easy to hear in the music which part to do. And both parts have you facing the same direction on the same counts.

Phrasing: A A B B B(with Restart) B B B B B B(with Restart) A A B B B

SECTION A - 32 COUNTS

A1: SIDE, HOLD, BACK ROCK, QUARTER, HOLD, STEP HALF

- 1234 Step right to right side, hold, rock left behind right, recover in place on right
- 5678 Make 1/4 turn left and step left forward (9:00), hold, step right forward, pivot half turn left putting weight on left (3:00)

A2: FORWARD, HOLD, TURN, TURN, FORWARD, HOLD, FORWARD ROCK

- 1234 Step right forward, hold, make 1/2 turn right and step left back (9:00), make 1/2 turn right and step right forward (3:00)
- 5678 Step left forward, hold, rock right forward, recover in place on left

A3: BACK, HOLD, HALF, HOLD, HALF, SWEEP, BACK ROCK

- 1234 Step right back, hold, make sharp 1/2 turn left and step left forward dragging right toe behind (9:00), hold
- 5678 Make 1/2 turn left and step right back (3:00), sweep left from front to back, rock left back, recover in place on right

A4: HALF, SWEEP, BEHIND, SIDE, CROSS, SIDE ROCK, CROSS

- 1234 Make 1/2 turn right and step left back (9:00), sweep right from front to back, step right behind left, step left to left side
- 5678 Step right across (in front of) left, rock left to left side, recover in place on right, step left across (in front of) right

SECTION B – 32 COUNTS

B1: TRIPLE SIDE RIGHT, BACK ROCK, QUARTER TRIPLE FORWARD, STEP HALF PIVOT

- 1&2,3,4 Step right to right side, & close left next to right, step right to right side, rock left behind right, recover in place on right
- 5&6,7,8 Make 1/4 turn left and step left forward (9:00), & close right next to left, step left forward, step right forward, pivot half turn left putting weight on left (3:00)

B2: FORWARD TRIPLE, FULL TURN, FORWARD TRIPLE, FORWARD ROCK**

- 1&2,3,4Step right forward, & close left next to right, step right forward, make 1/2 turn right and step
left back (9:00), make 1/2 turn right and step right forward (3:00)
- 5&6,7,8 Step left forward, & close right next to left, step left forward, rock right forward, recover in place on left

**Restarts are here, after 16 counts of B

B3: TRIPLE BACK, HALF TURN TRIPLE, HALF TURN TRIPLE, BACK ROCK

- 1&2 Step right back, & close left next to right, step right back
- 3&4 Make 1/2 turn left and step left forward (9:00), & close right next to left, step left forward 5&6 Make 1/2 turn left and step right back (3:00), & close left next to right, step right back
- 7,8 Rock left back, recover in place on right

B4: HALF TURN TRIPLE, BEHIND, SIDE, CROSS, SIDE ROCK, CROSS

- 1&2 Make 1/4 turn right and step left (small step) to side (6:00), & close right next to left, make 1/4 turn right and step left slightly back (9:00)
- 3,4 Step right behind left, step left to left side
- 5678 Step right across (in front of) left, rock left to left side, recover in place on right, step left across (in front of) right

So you see, Section B is just Section A with any step holds or step sweeps replaced with triple steps!

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