You Are, Unforgettable



编舞者: Myra Harrold (SCO) - December 2017

音乐: Unforgettable (feat. Swae Lee) - French Montana: (Album: Now Thats What I

Call Music 97)



Start On The Heavy Beat

SECT:1- PRISSY WALKS R.L.R ROCKING CHAIR, 1/2 TURN R,3/4 TURN R, L CROSS

1,2,3&4& Cross Walks Forward Rf,Lf,Rf Rock Forward,Lf Recover,Rf Rock Back,Lf Recover (12)
5&6,7&8 Rf Rock Forward,Lf Recover,Turn 1/2 R Stepping On Rf,1/2 Turn R Stepping Lf Back,1/4

Turn R Step Rf To R, Cross Lf Over Rf (3)

SECT:2- R SIDE ROCK, RECOVER, R CROSS SHUFFLE, BACK L, SIDE R, L CROSS, BACK R, SIDE L, R CROSS,

1,2,3&4 Rf Rock To R Side, Recover On Lf, Rf Cross Shuffle (3)

5&6,7&8 Back Lf,Rf Diagonal Back To R,Lf Cross Over Rf,Back Rf,Lf Diagonal Back To L,Rf Cross

Over Lf

SECT:3- STEP L,ROCK R BEHIND L,TURN 1/4 L,STEP R,ROCK L BEHIND,TURN 1/4 L,STEP L,R ROCKING CHAIR

1,2&3,4& Big Step L,Drag Rf To Rock Behind Lf,Recover On Lf,Turn 1/4 L,Big Step R,Drag Lf To Rock Behind Rf, Recover On Rf, (12),

5,6&7&8& Turn 1/4 L,Big Step L,Drag And Rock Rf Over Lf,Recover On Lf,Rf Rock Side R,Recover On

Lf,Rf Rock Over Lf,Recover On Lf (9)

SECT:4- TURN 1/4 R,R FORWARD,L KICK AND CROSS AND HEEL AND TOUCH AND HEEL AND CROSS AND UNWIND FULL TURN

1,2&3&4 Turn 1/4 R Stepping Rf Forward,Lf Kick Forward,Step On Lf,Rf Cross Over Lf,Step Lf Back Diagonal L, Touch R Heel Forward Diagonal R (12)

&5&6&7,8 Step On Rf,Touch L Toe To R Heel,Step Back On Lf,Touch R Heel Forward,Step On Rf Crossing Lf Over Rf,Unwind Full Turn R,Keep Weight On Lf (12)

SECT:5- R DOROTHY STEP, TOUCH HEEL TO SIDE, HOLD WITH 2 HIP BUMPS (HANDS). REPEAT THESE STEPS

1,2&3&4 Step Rf Forward Diagonal R,Step Lf Behind Rf,Step Rf Forward Diagonal R Touching L Heel Forward Diagonal L,Hold With 2 Hip Bumps (Arms Are Straight Down ,Push Palms Of Hands Down R,L During Hip Bumps)(12)

&5,6&7&8 Bringing Lf To Rf,Repeat Above Steps (12)

SECT:6- 1/4 L STEP L,R CROSS,1/4 R, BACK ON L,1/4 R,SIDE R,L CROSS,1/4 L BACK ON R,1/2 L,STEP FORWARD L,STEP FORWARD R,1/2 PIVOT L,STEP FORWARD L,STEP OUT,OUT THEN IN,IN

&1,2&3,4 Turn 1/4 L Step Lf To L, Cross Rf Over, Turn 1/4 R, Lf Back, Turn 1/4 R, Step Rf To R, Cross Lf Over, Turn 1/4 L, Rf Back, (12)

&5,6&7&8 Turn 1/2 L Onto Lf,Forward Rf,Pivot 1/2 L,Forward Lf,Step Rf Out To R,Step Lf Out To L,Bring Rf Back To Centre,Step Lf Beside Rf (12)

SECT:7- STEP R,ROCK TO L,RECOVER,STEP L BESIDE R,ROCK TO R,RECOVER,STEP R BESIDE L,STEP L FORWARD,FULL SPIRALTURN,INTO R,LOCK,R

&1,2&3,4 Step Rf Slightly R,Rock Lf Out To L Side,Recover On Rf,Step Lf Beside Rf,Rock Rf Out To R Side,Recover On Lf (12)

&5,6,7&8 Step Rf Beside Lf Stepping Lf Forward,R Spiral Turn On The Spot,Forward Rf,Lock Lf Behind,Forward Rf (12)

SECT:8- L LOCK,R FORWARD,L CROSS,1/8 L STEP BACK ON R,1/8 L STEP SIDE L,STEP R BEHIND,1/8 L STEP L FORWARD,1/8 L STEP TO R,L CROSS,R SIDE,L BEHIND,POINT R TOE TO R (SEMI-CIRCLE 1/2 TURN)

&1,2&3,4&5 Lf Lock Behind Rf,Rf Forward,Cross Lf Over Rf,Turn 1/8 L,Rf Step Back,Turn 1/8 L,Step Lf

To L Side, Step Rf Behind Lf, Turn 1/8 L, Step Lf Forward, Turn 1/8 L, Step Rf To R Side (6)

6&7,8 Cross Lf Over Rf,Step Rf To R Side,Step Lf Behind Rf,Point R Toe To R Side (6)

TAG: 16 COUNTS , DANCED 4 TIMES

1,2&3,4 ROCK FORWARD ON RF,RECOVER ON LF,STEP RF NEXT LF AND POINT L TOE BACK,TURN 1/2 L,PUT WEIGHT ON LF
5&6&7,8 RF KICK,STEP ON RF,POINT L TOE OUT TO L SIDE,STEP LF BESIDE RF,POINT R TOE TO R SIDE,MONTEREY 1/2 TURN R,PUT WEIGHT ON RF
1&2,3&4 LF CROSS ROCK OVER RF,RECOVER ON RF,STEP LF TO L SIDE,RF CROSS ROCK OVER LF,RECOVER ON LF,STEP RF TO R SIDE

LF CROSS ROCK OVER RF, RECOVER ON RF, TURN FULL CIRCLE L STEPPING

LF,RF,LF,RF,LF (CHASE TURN)

SEQUENCE OF DANCE IS:-

WALL 1 64 COUNTS TAG

WALL 2 64 COUNTS TAG

WALL 3 48 COUNTS TAG RESTART AT 12 O CLOCK

WALL 4 64 COUNTS

5&6&7&8

WALL 5 32 COUNTS TAG RESTART AT 6 O CLOCK

WALL 6 16 COUNTS TURN 1/4 R, STEP TO L TO FINISH AT FRONT WALL

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