

Dear Barry

拍数: 64 墙数: 4 级数: Improver
编舞者: Gaye Teather (UK) - March 2019
音乐: I'm Gonna Sit Right Down and Write Myself a Letter - Barry Manilow : (CD: Here Comes the Night - iTunes, Amazon etc)



Very short intro (5 seconds) Start on vocals

NO TAGS. NO RESTARTS!

Back rock. Shuffle forward. Forward rock. Coaster cross

1 – 2 Rock back on Right. Recover onto Left
3&4 Step forward on Right. Step Left beside Right. Step forward on Right
5 – 6 Rock forward on Left. Recover onto Right
7&8 Step back on Left. Step Right beside Left. Cross step Left over Right

Side Right. Together. Cross shuffle. Side Left. Together. Cross shuffle

1 – 2 Step Right to Right side. Step Left beside Right
3&4 Cross Right over Left. Step Left to Left side. Cross Right over Left
5 – 6 Step Left to Left side. Step Right beside Left
7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right

Side. Together. Chasse quarter turn Right. Step. Pivot quarter turn Right. Cross shuffle

1 – 2 Step Right to Right side. Step Left beside Right
3&4 Step Right to Right side. Step Left beside Right. Quarter turn Right stepping forward on Right
5 – 6 Step forward on Left. Pivot quarter turn Right
7&8 Cross Left over Right. Step Right to Right side. Cross Left over Right (6 o'clock)

Side Right. Together. Right kick-ball-cross (x2)

1 – 2 Step Right to Right side. Step Left beside Right
3&4 Kick Right foot forward. Step Right beside Left. Cross Left over Right
5 – 6 Step Right to Right side. Step Left beside Right
7&8 Kick Right foot forward. Step Right beside Left. Cross Left over Right

Right side rock. Cross shuffle. Vine Left. Cross

1 – 2 Rock Right to Right side. Recover onto Left
3&4 Cross Right over Left. Step Left to Left side. Cross Right over Left
5 – 6 Step Left to Left side. Cross Right behind Left
7 – 8 Step Left to Left side. Cross Right over Left

Left side rock. Cross shuffle. Vine quarter turn Right. Stomp

1 – 2 Rock Left to Left side. Recover onto Right
3&4 Cross Left over Right. Step Right to Right side. Cross Left over Right
5 – 6 Step Right to Right side. Cross Left behind Right
7 – 8 Quarter turn Right stepping forward on Right. Stomp Left beside Right (weight now on Left) (9 o'clock)

Forward rock. Coaster step (x2)

1 – 2 Rock forward on Right. Recover onto Left
3&4 Step back on Right. Step Left beside Right. Step forward on Right
5 – 6 Rock forward on Left. Recover onto Right
7&8 Step back on Left. Step Right beside Left. Step forward on Left

Out. Out. Back. Together (V Step). Out. Out. In. In. Out. Out. In. In (travelling back)

1 – 2 Step Right diagonally forward Right. Step Left diagonally forward Left

3 – 4 Step Right back to centre. Step Left back to centre

&5&6 Step Right to Right side. Step Left to Left side. Step Right back to centre. Step Left back to centre

&7&8 Step Right to Right side. Step Left to Left side. Step Right back to centre. Step Left back to centre

Note: Steps &5-&8 should be small steps travelling slightly backwards

Start again

With thanks to my lovely friends Jane and Greg for recommending this song to me. I hope you like the dance guys. XX
