

Hardy

拍数: 80 墙数: 2 级数: Intermediate / Advanced
编舞者: Darren Bailey (UK) - December 2019
音乐: ALL SHE LEFT WAS ME - HARDY



Intro: 16 Counts

Dorothy R, Dorothy L, Side, Behind, Ball, Cross Shuffle

1-2& Step RF to R diagonal, Lock LF behind RF, Step RF to R diagonal
3-4& Step LF to L diagonal, Lock RF behind LF, Step LF to L diagonal
5-6& Step RF to R side, Cross LF behind RF, Step RF to R side,
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

Toe Heel switches with 1/4 turn L, Twist, Twist

1&2& Touch RF to R side, Close RF next to LF, Touch LF to L side, Close LF next to RF
3&4& Touch R heel forward, Close RF next to LF, Touch L toe next to RF, Step Lf next to RF making a 1/4 turn L
5&6& Touch R toe next to LF, Step RF next to LF, Touch L heel forward, Step LF next to RF
7&8 Step forward on RF, Twist both heels to R, Twist both heel back to centre (weight on LF)

Back, Back, Coaster Sweep, Shuffle Sweep, Shuffle Sweep

1-2 Step back on RF, Step back on LF
3&4 Step back on RF, Close LF next to RF, Step forward on RF and sweep LF from back to front
5&6 Step forward on LF, Close RF next to LF, Step forward on LF and sweep RF from back to front
7&8 Step forward on RF, Close LF next to RF, Step forward on RF and sweep LF from back to front

Cross, 1/4 turn L, Chasse 1/4 turn L, Out, Out, In, In

1-2 Cross LF over RF, Make a 1/4 turn L and step back on RF
3&4 Step LF to L side, Close RF next to LF, Make a 1/4 turn L and step forward on RF
5-6 Step RF out to R diagonal, Step LF out to L diagonal
7-8 Step RF in, Step LF in

Note: Add the Tag here on wall 3. Then start the dance again.

Syncopated Rock Steps, Mashed Potatoes Back, Coaster Step

1-2& Rock forward on RF, Recover onto LF, Close RF next to LF
3-4 Rock forward on LF, Recover onto RF
5-6 Step back on LF, Step back on RF (Mashed potato steps going back)
7&8 Step back on LF, Close RF next to LF, Step forward on LF

Walk R, L, Shuffle Forward, Pivot 1/2 turn R, 1/4 turn R with Slide, Touch

1-2 Step forward on RF, Step forward on LF
3&4 Step forward on RF, Close LF next to RF, Step forward on RF
5-6 Step forward on LF, Make a 1/2 turn pivot R
7-8 Make a 1/4 turn R and take a big step to L with LF, Touch RF next to LF

Hip Bumps with 1/2 turn L

1-2 Touch RF to R side and bump hip to R, Step RF next to LF
3-4 Touch LF to L side and bump hip to L, Step LF next to RF
5-6 Touch RF forward and bump hip to R, Close RF next to LF
7-8 Make a 1/2 turn L and touch LF forward bumping hip to L, Close LF next to RF

Walk x2, Ball Cross, Step, 1/4 turn R, Cross Shuffle

- 1-2 Step forward on RF, Step forward on LF
&3-4 Step forward on RF, make a little turn to L and cross LF over RF, Make a little turn to R and step forward on RF
5-6 Step forward on LF, Make a 1/4 turn R
7&8 Cross LF over RF, Step RF to R side, Cross LF over RF

Rock, Recover, Behind, Side, Cross with 1/4 turn L, Rock, Recover, Coaster Step

- 1-2 Rock RF to R side, Recover onto LF
3&4 Cross RF behind LF, Make a 1/4 turn L and step forward on LF, Step forward on RF
5-6 Rock forward on LF, Recover onto RF
7&8 Step back on LF, Close RF next to LF, Step forward on LF

Crossing Heel Jacks R, L, Touch, Step, Full turn L

- 1&2& Cross RF over LF, Step LF to L side, Touch R heel to R diagonal, Step onto RF
3&4& Cross LF over RF, Step RF to R side, Touch L heel to L diagonal, Step into LF
5&6 Touch RF next to LF, Step back on RF, Step forward on LF (prepping body to R)
7-8 Over 2 counts make a full turn to L on LF

TAG: On wall 3 after 32 Counts:**3/4 turn L with 4 Walks.**

- 1-2 Step forward on RF, Make a 1/4 turn L and step Forward on LF
3-4 Make a 1/4 turn L and step Forward on RF, Make a 1/4 turn L and step Forward on LF
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