# My Bucket List

拍数: 94

级数: Phrased Intermediate

编舞者: Noel Bowes Bonham (UK) - March 2022

音乐: Bucket List - Mitchell Tenpenny & Danny Gokey

## Many thanks to Jeni Bradshaw for introducing me to this track

## 16 count intro

## Section A: 48c

## Rock recover coaster step, Rock recover coaster step

- 1.2.3&4 Rock forward onto right foot, recover onto left, step back onto right foot close left foot next to right, step forward onto right.
- 5.6.7&8 Rock forward onto left foot, recover onto right, step back onto left, close right next to left, step forward onto left.

## Step pivot 1/2 shuffle, Step pivot 1/2 shuffle

- 1,2,3&4 Step forward onto right, pivot half turn onto left. Step forward right, close left to right, step forward onto right.
- 5.6.7&8 Step forward onto left, pivot 1/2 turn onto right foot. Step forward onto left foot, close right to left, step forward onto left.

## Side rock recover, side close side. Cross rock 1/4 1/2

- 1,2,3&4 Step right foot to right side, recover weight onto left, step to the right, close left foot to right, step right foot to right side.
- 5.6.7.8 Cross left foot over right foot, recover weight onto right. Step 1/4 turn onto left foot, 1/2 turn onto right. (turning over left shoulder)

## Rock back recover cross shuffle. Step sailor 1/4 step

- Rock back onto left foot, recover weight onto right foot. Cross left foot over right, step right 1,2,3&4 foot to right, cross left foot over right. 1:30
- 5,6,&,7,8 Step onto right foot, ¼ sweep left foot step back onto it, close right foot next to it, step forward onto left. 10:30 step forward onto right.

## Step rocking chair step. Walk walk rocking chair

- 1.2.&3&4 Step forward left. Rock forward onto right, recover weight onto left, step back onto right, recover weight onto left. Step forward onto right foot.
- 5,6,7&8&, Step forward left right, rock forward onto left recover onto right, rock back onto left, recover onto right

## Jazz box ¼, cross shuffle, sway, sway

1,2,3,4 Step forward onto left foot, cross right foot over left, step back onto left, ¼ turn onto right foot. 5,&6,7,8 Cross left over right, step right to right side. Cross left foot over right. Step onto right and sway right, left

## Section B: 46c

## Out,out hitch, right lock, Pivot1/2

- 12,3,4& Step out to the right, step out to the left. Hitch the right foot, hold for 1 count.
- Step forward onto right, lock the left foot behind the right, step onto the right. Step onto the 5,6,7,8, left, 1/2 pivot onto the right. Step onto left foot

## full turn, rock recover. Sweep sweep coaster step

1,2,3,4 1/2 turn onto right, 1/2 turn onto left. (turning to the left) rock forward onto right foot, recover weight onto left,





墙数: 2

5,6,7,& 8 sweeping right. Step back onto right, sweep step back onto left. Step back onto right foot, close left next to right, step forward onto right.

#### Step, jazz box ¼ cross shuffle, Sway,sway

- 1,2,3,4 Step onto left. Cross right over left, step back onto left, ¼ turn onto right
- 5&6,7,8 cross left over right, step right to right side, Cross left over right. Step onto right foot and sway right ,left

#### Sailor ¼ pivot ¼ x shuffle, Sway, sway

- 1,&2,3,4 Sweep right foot, step back onto it turning to the right. Step left next to right , step forward onto right to complete 1/4 turn right. Step forward onto left, pivot 1/4 turn onto right.
- 5,&6,7,8 Cross left foot over right, step right to right side, cross left over right. Step onto right and sway right, sway left onto left.

#### Side close right lock forward. Rock recover lock step back

- 1,2,3,&4 Step right to right side, close left next to right. Step forward onto right, lock left behind right, step forward onto right.
- 5,6,7,&8 Rock forward onto left, recover weight onto right. Step back onto left, lock right over left, step back onto left.

#### Coaster step, sway x3 hold

1&,2,4,5,6 Step back onto right, close left next to right, step forward onto right. Step left to left side and sway left, right, left, hold for 1 count.

#### Restarts - Step change wall 2

Step change on count 29 replace sailor step with,: Sway right to right side, recover weight onto left, step right behind left, step to the left.

#### Restart with section B out,out,hitch

## At the end of wall 2 add on TAG

#### Pivot ½, shuffle pivot ½ shuffle

- 1,2,3&4 Step onto right foot, pivot 1/2 turn onto left. Step right foot forward close left to right, step onto right.
- 5,6,7&8 Step onto left pivot ½ turn onto right. Step left foot forward, close right next to left, step forward onto Left.

## NB: To start wall 3 you need to ¼ turn right to start with Section A (rock recover coaster step).

Wall 3: Dance first 16 counts of section A then restart section B and dance section B until the end.

Last Update - 5 Mar 2022