Fall To Pieces AB

拍数: 32

级数: Absolute Beginner

编舞者: Becky Hawthorne (USA) - April 2022

墙数:4

音乐: I Fall to Pieces - Michael Nesmith & The First National Band



No tags, no restarts

Intro: 32 counts, begin dance when vocals start

Section 1: VINE WITH HEEL TOUCH X 2

- 1, 2 Step RF to R side, Step LF crossed behind RF
- 3, 4 Step RF to R side, Touch L heel toward L fwd diagonal
- 5, 6 Step LF to L side, Step RF crossed behind LF
- 7, 8 Step LF to L side, Touch R heel toward R fwd diagonal

Section 2: K STEP

- 1, 2 Step RF to R fwd diagonal, Touch LF next to RF
- 3, 4 Step LF back to center, Touch RF next to LF
- 5, 6 Step RF back to R back diagonal, Touch LF next to RF
- 7, 8 Step LF fwd to center, Touch RF next to LF

Section 3: 1/8 SIDE, TOGETHER, SIDE, HITCH X 2

- 1, 1/8 turn to L-Step RF to R side (body moving toward 1:30 and facing 10:30)
- 2, 3, 4 Step LF next to RF, Step RF to R side, Hitch L knee
- 5 1/8 turn to L-Step LF to L side (body moving toward 6:00 and facing 9:00)
- 6, 7, 8 Step RF next to LF, Step LF to side, Hitch R knee

Section 4: STEP, HEEL SWIVEL, TOE SWIVEL, STOMP UP X 2

- 1, 2 Step RF slightly forward, swivel L heel toward RF
- 3, 4 Swivel L toe toward RF, Stomp LF (lightly) and lift up
- 5, 6 Step LF slightly forward, swivel R heel toward LF
- 7, 8 Swivel R toe toward LF, Stomp RF (lightly) and lift up

Suggested ending: Song ends after Wall 11 Section 2, which starts facing 6:00. Instead of doing the step touches in the shape of a K, use them to make a 1/2 turn right, working around to 12:00 by the end of the song.

Becky Hawthorne: bkhawthorne@tx.rr.com