Please Remember Me



拍数: 48 墙数: 2 级数: Intermediate

编舞者: Lisen Brixvi (SWE) - July 2023

音乐: Please Remember Me - Maja Francis



Intro: 16 Counts. Start dance just before she starts to sing at approx 12 secs.

SEC 1 - WALK X3, STEP 1/4 TURN CROSS, 3/4 TURN

1-2-3 Walk fwd R, L, R

Step L fwd, ¼ turn R (weight on R), cross L over R (3:00)
485 Step L fwd, ¼ turn R (weight on R), cross L over R (3:00)
485 ¼ turn L and step R back, ½ turn L and step L fwd (6:00)

SEC 2 - STEP TURN ¼, CROSS ROCK FWD, BACK ROCK, STEP, STEP TURN ½ STEP

Step R fwd, turn ¼ L (weight on L), cross rock R over L (3:00)

2&3 Recover weight to L, ball step R next to L, back rock L

4& Recover weight to R, ball step L next to R

5 Step R fwd (make a tag here on wall 5)

step L fwd, turn ½ R (weight on R), step L fwd (9:00)

SEC 3 - TRIPLE FULL TURN L, SWEEP, WEAVE WITH 1/4 TURN L, SWEEP X3, ANCHOR STEP, STEP

FWD

Turn ½ L step R back, turn ½ L step L fwd, step R fwd as you sweep L around to front (9:00)

Cross L over R, step R to side, ½ L and step L back as you sweep R out from front to back

(7:30)

4-5 Step R back as you sweep L out from front to back, step L back as you sweep R out from

front to back

6&7 Step R behind L, L in place, R in place

8 Step L fwd

SEC 4 - WEAVE 1/4, BEHIND, SIDE 1/4, CROSS, SIDE ROCK, BALL, STEP, TOUCH

1&2 Cross R over L, turn 1/2 R and step L to side, turn 1/2 R and step R back (10:30)

3&4 Step L behind, step R to side as you turn 1/8 R, cross L over R (12:00)

5-6& Rock R out to R, recover weight to L, step R next to L

7-8 Step L to L, touch R next to L

(Restart Here on Wall 2)

SEC 5 - FWD, SWEEP, ½ DIAMOND, CROSS, SIDE, BACK ROCK, RECOVER, SIDE

1 Step R fwd as you sweep L out from back to front

2&3 Cross L over R, step R to R, turn 1/8 L and step L back (10:30)

4&5 Step R behind, turn 1/4 L and step L to side, turn 1/4 L and step R fwd (7:30)

6&7 Cross L over R, turn 1/8 L and step R to side, rock L behind R (6:00)

8& Recover weight to R, step L to side

SEC 6 - BACK SWEEP X 3, ANCHOR STEP, STEP, LONG STEP FWD, TOUCH

Step R back as you sweep L out from front to back
Step L back as you sweep R out from front to back
Step R back as you sweep L out from front to back

4&5 Step L behind R, R in place, L in place

6-7-8 Step R fwd, take a longer step fwd with L, touch R next L

Restart- After count 32 wall 2 there is a restart facing 6.00 o'clock

Tag On wall 4 the music changes in the end, just dance trough it and during wall 5 there is a 8 count tag on section 2 after count 4&

WALK ROUND ¾ R, SLOW ROCKING CHAIR

1-4 Walk around a ¾ R circle stepping R,L,R, L

5-6 Rock R fwd, recover weight to L7-8 Rock R back, recover weight to L

Last Update - 13 Sept. 2023 - R1