

Sometimes

拍数: 48 墙数: 1 级数: Intermediate
编舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - November 2024
音乐: Sometimes - Lauren Daigle



One tag/restart & 6 count bridge

Start after 4 counts – approx. 3secs – 2mins 35secs – 81.4bpm
Music Available: Amazon

[1-9] R/L NC basics, step R fwd, L cross step, R back, step slightly L, ½ R Monterey point

- 1-2& Step R side, rock L back, recover weight on R
- 3-4& Step L side, rock R back, recover weight on L
- 5 Step R slightly forward (toes pointing out to the right slightly)
- 6&7 Cross step L over R, step R back, step slightly left (ALTERNATIVE: L forward rock/recover, step L together)
- 8&1 Point R side, turn ½ right step R beside L, point L side (6 o'clock)

WALL 3 tag/restart: Dance first 8 counts then add a touch tog on the & count then begin the dance again

ENDING with turn: Dance first 8 counts, cross step R over L & slowly unwind full turn left to face front wall
ENDING Non-turning: dance first 8 counts, cross R over L & hold

[10-16&] Run fwd L/R/L, R fwd rock/recover, R/L back with sweeps, R behind, L side, R cross over, L side

- 2&3 Run forward left, right, left
- 4& Rock R forward, recover weight on L
- 5-6 Step R back as you sweep L from front to back, step L back as you sweep R from front to back
- 7& Cross step R behind L, step L side
- 8& Cross step R over L, step L side

[17-24&] R rock back/recover, R side, L rock back/recover, ½ R L back, R rock back/recover, ½ L R back, L back, R back, L tog

- 1-2& Rock R back, recover weight on L, step R side
- 3-4& Rock L back, recover weight on R, turning ½ right step L back (12 o'clock)
- 5-6& Rock R back, recover weight on L, turning ½ left step R back (6 o'clock)
- 7-8& Step L back, step R back, L together

[25-32&] R cross over, L side, R behind, L side, R cross rock/recover, R side, L cross shuffle, ½ L hinge

- 1-2 Cross step R over L, step L side
- 3&4& Cross step R behind L, step L side, cross rock R over L, recover weight on L
- 5 Step R side
- 6&7 Cross step L over R, step R side, cross step L over R
- 8& Turning ¼ left step R back, turning ¼ left step L together (12 o'clock)

WALL 3 – BRIDGE: Turning version

- 1-6 Turning ¼ L step R fwd as you hitch up L knee, L fwd, ½ L chase turn, ½ R pivot
- 1-2 Turning ¼ L step R forward as you hitch up your L knee (count 1), step L forward (9 o'clock)
- 3&4 Step R forward, pivot ½ L, step R forward (3 o'clock)
- 5-6 Step L forward, pivot ½ R, weight on L

You then start the dance again from count 33, no turn, start by hitching up the L knee (9 o'clock)

WALL 3 – BRIDGE – Non-turning version

1-6 ¼ L step R fwd as you hitch up the L knee (count 1), L fwd, R fwd mambo, L back rock/recover

1-2 Turning ¼ L step R forward as you hitch up your L knee, step L forward (9 o'clock)

3&4 Step R forward, step L back, step R back,

5-6 Rock L back, recover weight on R

You then start the dance again from count 33, no turn, start by hitching up the L knee (9 o'clock)

[33-40&] ¼ L R fwd as you hitch L, L side rock/recover/cross, R NC basic, ¼ L L fwd, full turn L, L fwd

1 Turning ¼ left step R forward as you hitch up L knee (9 o'clock)

2&3 Rock L side, recover weight on R, cross step L over R

4-5& Step R side, rock L back, recover weight on R

6 Turning ¼ left step L forward: extended 5th (6 o'clock)

7&8 Turning ½ left step R back, turning ½ left step L forward, step R forward (moving forward in LOD)

Alternatively: run forward R/L/R

& Step L forward

[41-48&] R fwd, ½ R chase turn, full turn L fwd, L fwd mambo, R rock back/recover

1 Step R forward

2&3 Step L forward, pivot ½ right, step L forward: extended 5th

4&5 Turning ½ left step R back, turning ½ left step L forward, step R forward (12 o'clock) (moving forward in LOD)

Alternatively: run forward R/L/R

6&7 Step L forward, step R back, step L back

8& Rock R back, recover weight on L
