

编舞者: David Grant (UK)

音乐: Way Gone - Brooks & Dunn



This is a swing style dance, the arms are meant to move freely. Bumps are exaggerated by lifting the heel off the floor. Bounce along with the music

FORWARD DIAGONAL BUMP RIGHT, DIAGONAL BUMP LEFT, DIAGONAL BUMP RIGHT, DIAGONAL BUMP LEFT

Arms are bent at the elbows parallel to the floor

1	Step diagonally forward on the right foot bumping right hip to the right and swinging both
	la a a a la de de la a vi a la d

hands to the right

2 Touch the left toes next to the right and snap the fingers

3 Step diagonally forward on the left foot bumping left hip to the left and swinging both hands to

the left

4 Touch the right toes next to the left and snap the fingers

5 Step diagonally forward on the right foot bumping right hip to the right and swinging both

hands to the right

6 Touch the left toes next to the right and snap the fingers

7 Step diagonally forward on the left foot bumping left hip to the left and swinging both hands to

the left

8 Touch the right toes next to the left and snap the fingers

BACKWARD DIAGONAL BUMP RIGHT, DIAGONAL BUMP LEFT, DIAGONAL BUMP RIGHT, DIAGONAL BUMP LEFT

9	Step diagonally back on the right foot bumping the right hip to the right and swinging both

hands to the right

Touch the left toes next to the right and clap both hands

Step diagonally back on the left foot bumping the left hip to the left and swinging both hands

to the left

Touch the right toes next to the left and clap both hands

Step diagonally back on the right foot bumping the right hip to the right and swinging both

hands to the right

Touch the left toes next to the right and clap both hands

15 Step diagonally back on the left foot bumping the left hip to the left and swinging both hands

to the left

Touch the right toes next to the left and clap both hands

14 TURN, SHUFFLE, 12 TURN SHUFFLE BACK, ROCK STEP

1	<i>(</i>	Step forward or	the right foot t	urning ¼ turn to	the left (pivotii	ng on the bal	of the left foot and
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bumping the hips right)

Transfer weight to the left foot by bumping the hips to the left, (9:00)

19&20 Shuffle forward right, left, right

21&22 Shuffle forward left, right, left turning ½ turn to the right, (3:00)

23 Step back on to the right foot 24 Rock forward on to the left foot

SYNCOPATED SPLITS

&	Step slightly forward and out on the right foot

25 Step out on the left foot

26 Hold

& Step slightly forward and in on the right foot

27	Step together on the left foot
28	Hold
&	Step slightly forward and out on the right foot
29	Step out on the left foot
&	Step slightly forward and in on the right foot
30	Step together on the left foot
&	Step slightly forward and out on the right foot
31	Step out on the left foot
&	Step slightly forward and in on the right foot
32	Step together on the left foot

REPEAT