拍数： 32
境数： 4
级数：Intermediate
编舞者：Alan Haywood（UK）－November 2010
音乐：Eight Letters－Take That ：（Album：Progress－4：40）

Intro－ 32 counts－start on vocals．

## Section 1

Skate R，L，R forward shuffle，rock forward $L$ ，recover $R, L$ back $\& 1 / 4 R$ cross $L$ over
1－2 Skate forward right，skate forward left

3\＆4 Step forward onto right，close left next right，step forward onto right
5－6 Rock forward onto left，recover weight back onto right
$7 \& 8 \quad$ Step back onto left，make a $1 / 4$ turn right stepping right side，cross step left over right（3 o＇clock）

## Section 2

Sway right，sway left，R behind $1 / 4 \operatorname{L} 1 / 4 \mathrm{~L}$ ，rock back $L$ ，recover $R$ ，$L$ kick ball cross
1－2 Sway right to right side，sway left to left side
3\＆4 Cross step right behind left，step left $1 / 4$ left，making a $1 / 4$ turn left step right to right side（9 o＇clock）
5－6 Rock back onto left，recover weight forward onto right
7\＆8 Kick left forward，step left next to right，cross step right over left
Section 3
＊\＆cross $R$ over $L$ ，$L$ side，$R$ sailor $1 / 2 R$ cross， $1 / 4 R, R$ back，$L$ coaster
\＆1－2 Step left to left side，cross step right over left，step left to left side
$3 \& 4 \quad$ Step right behind left，making a $1 / 2$ turn right step left to left side，cross step right over left（3 o＇clock）
5－6 Make a $1 / 4$ turn right stepping back onto left，step right back（ 6 o＇clock）
7\＆8 Step back onto left，step right next to left，step left slightly forward
RESTARTS here during walls 4,8 and 9

## Section 4

$R$ forward lockstep，rock forward $L$ ，recover $R, 1 / 4 L$ shuffle，sway $R$ ，sway $L$
1\＆2 Step forward onto right，lock left behind right，step forward onto right
3－4 Rock forward onto left，recover weight back onto right
5\＆6 Making a $1 / 4$ turn left step left to left side，close right next to left，step left to left side（ 3 o＇clock）
7－8 Sway right to right side，sway left to left side

## RESTARTS

Don＇t panic！Really easy to hear－same place each time，after count 24 （L coaster）．
When they sing the chorus and when＇I went away＇－this is the start of the restart walls．
During wall 4 －wall starts facing 9 o＇clock，restart facing 3 o＇clock
During wall 8 －wall starts facing 12 o＇clock，restart facing 6 o＇clock
During wall 9 －wall starts facing 6 o＇clock，restart facing 12 o＇clock
After you＇ve done these 3 restarts，they will sing the chorus again－just dance through it to the end，you will finish facing 12 o＇clock．

Not as hard as it looks，you will hear them easily in the music－promise！

Dance finishes facing 12 o'clock with the sway $R L$ at end of dance - add an extra sway $R$ posing raising arms slightly to fade with the music!

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