Fallen Heroes



拍數: 32 牆數: 4 級數: Improver

編舞者: Michael Diven (USA) - December 2014 音樂: This Side of Heaven - The Swon Brothers



Intro: Start dancing on the lyrics.

Sequence: AAAA BB TAG AA BB TAG TAG AA BBB

PART A - 16 counts

A1: RIGHT PRESS, RIGHT SAILOR STEP, SIDE ROCK, RECOVER, SYNCOPATED VINE

1-2 Rock right forward (press ball of right foot), recover to left

3&4 Cross right behind, step left side, cross right over

5-6 Rock left foot to left side (press ball of left foot), recover weight back to right

7&8 Cross left foot behind, step right to right side, cross left over right

A2: STEP, FULL TURN RIGHT, STEP, ¼ TURN LEFT, CROSS, ROCK, RECOVER, CROSS, SYNCOPTED VINE ½ TURN

1 Step forward on right foot

2&3 Step forward on left foot pivot ¼ turn right, step back on right foot pivot ½ turn right, step left

foot forward pivot ¼ turn right

Step forward on right foot, pivot ¼ turn left shifting weight back to left foot, cross step right

over left

Rock left foot to left side, recover weight back to right, cross step left over right

8& Pivot ¼ turn left stepping back on right foot, pivot ¼ turn left stepping forward on left foot

PART B - 16 COUNTS

B1: BASIC NIGHTCLUB, SIDE STEP LEFT, CROSS, BACK, ¼ TURN, MAMBO FORWARD, LOCK SHUFFLE BACKWARDS

1-2&	Step right side, rock left back, recover to right
3-4&	Step left side, cross right over, step left back
5	Pivot ¼ turn right, stepping forward on right foot

6&7 Rock forward on left foot, recover back to right, step left foot next to right

8&1 Step back on right foot, lock left foot in front of right, step back on right foot sweeping left foot

out around right foot

B2: BASIC NIGHTCLUB, SIDE STEP LEFT, CROSS, BACK, ¼ TURN, MAMBO FORWARD, LOCK SHUFFLE BACKWARDS

2&3 Cross left foot behind right foot, step right to right side, cross left foot over right

4-5 Sway hips to the right, sway hips to the left

6&7 Cross right behind left, step left to left side, cross step right over left

8& Unwind ½ turn, shifting weight to left foot

TAG

BASIC NIGHTCLUB, 1/4 TURN, STEP, 1/4 TURN, CROSS, ROCK, RECOVER, CROSS, 1/4 TURN, 1/4 TURN

1-2& Step right side, rock left back, recover to right3 Pivot ¼ turn left stepping left foot forward

4&5 Step forward on right foot, pivot ¼ turn left, cross step right over left

6&7 Rock out on left foot, recover weight back to right foot, cross step left over right

8& Pivot ¼ turn left stepping back on right foot, pivot ¼ turn left stepping left foot to left side

NOTE: After the 3rd tag, there are 4 beats of music. Sway right, left, right, left then start A for the last 2 cycles and finish out the dance with B. Listen to the music and the words, let them guide you through the dance.