## Coming And Going

拍數： 64
㿔數： 2
級數：Intermediate
編舞者：Harold Grimshaw（UK）－December 2019
音樂：Arrivals and Departures－Sundance Head ：（Album：Stained Glass and Neon）


Section 1 Cross，Recover，Shuffle 1／4，Pivot 1／2，Shuffle

| $1-2$ | Cross Right over Left，Recover Left |
| :--- | :--- |
| $3 \& 4$ | Right Shuffle forward $1 / 4$ Right |
| $5-6$ | Left forward，Pivot $1 / 2$ Right |
| $7 \& 8$ | Left Shuffle forward |

Section 2 Full turn forward，Fwd Rock \＆Fwd Rock，Side Rock
1－2 $\quad$ Full turn forward left on Right and Left
3－4 Right forward，Recover Left
\＆5－6 Step Right in place，Left forward，Recover Right
7－8 Left side，Recover Right
Section 3 Sailor－steps，Unwind 1／2 Left，Cross rock $1 / 4$ Right
1\＆2 Swing step Left behind right，Step Right to right side，Step Left to left side
$3 \& 4 \quad$ Swing step Right behind Left，Step Left to left side，Step Right to Right side
5－6 Left toes back，Unwind 1／2 Left（taking weight）
7\＆8 Cross Right，Recover Left，Step Right forward 1／4 right
Section 4 Diagonal Left forward Lock，Forward lock step，Fwd Rock，Shuffle $1 / 2$ turn Right
1－2（Diagonally forward left）Left forward，Lock Right behind
3\＆4 Left forward，Lock Right behind，Left forward
5－6 Right forward，Recover Left
7\＆8 Right shuffle 1 ／ 2 Right forward（still on diagonal left）

| Section 5 Syncopated Rocking Chair，Back 1 ／ 2 Right，Touch，Step Point，Cross Point |  |
| :--- | :--- |
| 1\＆2\＆ | Left forward，Recover Right，Left back，Recover Right |
| $3-4$ | （Turning 1／2 Right）Step back on Left，Touch Right toes in front |
| $5-8$ | Right forward，Point touch Left to left side，Cross Left，Point touch Right to right side |

Section 6 Right Cross weave，1／4 Left，Step pivot 3／4 Left，Right Side，Behind
1－4 Right Cross，Side，Behind，1／4 Left forward
5－6 Right forward，Pivot 3／4 Left
7－8 Right Side，Left Behind
Section 7 Right side，Drag Touch，Left Kick Ball Cross，Sway Left \＆Right，Chasse Left
1－2 Long step Right to right side，Drag Left next to right（no weight－touch）
3\＆4 Left Kick Ball，Cross Right over left
5－6 Sway hips Left and Right
7\＆8 Chasse Left
＊RESTART here Wall 2
Section 8 Right Toes back，Unwind 1／2 Right（taking weight），Pivot 1／2 Right，Rock fwd，Coaster Back
1－2 Right Toes Back，Unwind 1／2 Right（taking weight）
3－4 Left Forward，Pivot 1／2 Right
5－6 Left Forward，Recover Right
7\＆8 Left Coaster Back
＊＊TAG here end of Wall 3 －Repeat last 8 counts（Section 8）
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