Sweet Memories

級數: Improver

編舞者: Yvonne (Krause) Halsey (USA) - January 2020

音樂: (After Sweet Memories) Play Born to Lose Again - Ronnie Milsap

#16 COUNT INTRO – 1 RESTART

拍數: 32

[1-8] ROCK RECOVER, COASTER STEP, ROCK RECOVER, COASTER STEP

- 1-2 Rock forward on right, recover onto left.
- 3&4 Step back on right, step left next to right, step forward on right.
- 5-6 Rock forward on left, recover onto right.
- 7&8 Step back on left, step right next to left, step forward on left.

[9-16] SHUFFLE FORWARD, PIVOT 1/2 RIGHT, SHUFFLE FORWARD, PIVOT 1/2 LEFT

- 1&2 Shuffle forward stepping right, left, right.
- 3-4 Step forward on left, pivot 1/2 turning right.
- 5&6 Shuffle forward stepping left, right, left.
- 7-8 Step forward on right, pivot 1/2 turning left.

*Dance the above 16 counts then Restart the dance during the fourth time around.

[17-24] SKATE, SKATE, TRIPLE STEP, LEFT JAZZ BOX W/TOUCH

- 1-2 Skate forward right, skate forward on left.
- 3&4 Triple step moving slightly forward stepping right, left, right.
- 5-8 Cross left over right, step back on right, step left next to right, touch right beside left.

[25-32] MONTEREY PENDULUM

- 1-2 Touch right toe to right side as you turn $\frac{1}{2}$ right on ball of left stepping together on right.
- Touch left toe to left side as you turn 1/4 left on ball of right stepping together on left. 3-4
- 5-6 Touch right toe to right side as you turn 1/2 right on ball of left steeping together on right.
- 7-8 Touch left toe to left side as you turn 1/4 left on ball of right stepping together on left. (6:00)

*RESTART DURING THE 4th REVOLUTION FACING 12:00 AFTER 16 COUNTS

May You Always Dance Like No One Is Watching

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Last Update - 14 Feb. 2020





牆數:2