How You Leave A Man

拍數: 32

級數: Improver

編舞者: The Highlander (UK) - December 2023

音樂: How You Leave A Man - Paloma Faith

Start on Vocals Approx 8 seconds.	
Sec 1 Step Forward Touch, & Heel & Step, Forward Rock, Shuffle 1/2 Turn.	
1-2	Step R forward, Touch L behind R,
&3&4	Step L back, Touch R heel forward, Step R next to L, Step L forward,
5-6	Rock forward onto R, Recover onto L,
7&8	Turn ¼ right stepping R to right side, Step L next to R, turn ¼ right stepping R forward.
Sec 2 Step Turn, Shuffle Forward, Side Touch, Side Touch, & Cross Shuffle.	
1-2	Step L forward, Pivot ½ turn right stepping onto R,
3&4	Step L forward, Step R next to L, Step L forward,
&5&6	Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,
&7&8	Step R to right side, Cross L over R, Step R to right side, Cross L over R.
Sec 3 Side Rock, Behind Side Cross, Side Rock, Behind Side Cross.	
1-2	Rock R to right side, Recover onto L,
3&4	Step R behind L, Step L to left side, Cross R over L,
5-6	Rock L to left side, Recover onto R,
7&8	Step L behind R, Step R to right side, Cross L over R.
Sec 4 Forward Rock, Coaster Step, Forward Rock, Triple 3/4 Turn Left.	
1-2	Rock forward onto R, Recover onto L,
3&4	Step R back, Step L next to R, Step R forward,
5-6	Rock forward onto L, Recover onto R,
7&8	Turn ¾ left stepping L,R,L on the spot. (03.00)
Tag At end of wall 4 facing 12.00 Step Turn, Step Turn, (or Rocking Chair)	

- Step Turn, Step Turn, (or Rocking Chair) 1-2
- Step R forward, Pivot 1/2 turn left stepping onto L,
- Step R forward, Pivot 1/2 turn left stepping onto L. 3-4

Please feel free to put your own styling/improvisation to the these basic steps. Contact:- theldhighlander@gmail.com

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牆數:4