It's Gone Again (P)



拍數: 32 編數: 0 級數: Beginner Partner

編舞者: Isabelle Dréau (FR) & Bruno Penet (FR) - 22 February 2025

音樂: weren't for the wind - Ella Langley



Intro: 32 counts Starting position: Sweetheart Position

[1-8] R ROCKING CHAIR, R POINT R CROSS, L POINT L STEP

1-2 Step RF forward, recover weight on LF,
3-4 Step RF back, recover weight on LF,
5-6 Touch R toe to R side, cross RF over LF,
7-8 Touch L toe to L side, cross LF forward.

[9-16] OUT OUT IN IN, MILITARY TURN

1-2 Step RF forward diagonal R, step LF forward diagonal L,

3-4 Step RF back, step LF beside RF, (weight on LF)

5-6 Step RF forward, pivot ½ turn L,

[Raise L hands / Release R hands]

7-8 Step RF forward, pivot ½ turn L.

[Lower L hands / Take back R hands]

*Restart on 5th wall

[17-24] R RUMBA BOX

1-2 Step RF to R side, step LF beside RF,
3-4 Step RF back, touch L toe beside RF,
5-6 Step LF to L side, step RF beside LF,
7-8 Step LF forward, scuff R heel beside LF.

[25-32]

MAN: R STEP L TOUCH, L BACK R KICK, R BACK L TOUCH, L STEP R SCUFF WOMAN: [1/4 L STEP SIDE, L TOUCH, 1/4 STEP FWD, TOUCH or SCUFF] X2

1-2 MAN: Step RF forward, touch L toe behind RF,

WOMAN: 1/4 turn L & step RF to R side, touch L toe beside RF,

[Raise R hands / Release L hands]

3-4 MAN: Step LF back, kick RF forward,

WOMAN: 1/4 turn L & step LF forward, touch R toe beside LF,

5-6 MAN: Step RF back, touch L toe forward,

WOMAN: 1/4 turn L & step RF to R side, touch L toe beside RF,

[Lower R hands / Take back L hands]

7-8 MAN: Step LF forward, scuff R heel beside LF.

WOMAN: 1/4 turn L & step LF forward, scuff R heel beside LF.

*Final 14th mur : make the first 24 counts and add : [step RF forward, pivot ½ turn L] twice

Legend: RF = right foot - LF = left foot - D = right - G = left

START DANCING AGAIN AND KEEP SMILING!!

^{*}Restart 5th: make only the 16 first counts