So Damn Much



拍數: 96 牆數: 2 級數: Intermediate waltz

編舞者: Frida Axelsson (SWE)

音樂: How Did We Change - Erik Segerstedt



SWEEP AND CROSS RIGHT OVER LEFT UNWIND FULL TURN LEFT

1-2 Sweep right from side to front

3 Cross right over left4-5-6 Unwind a full turn left

SWEEP LEFT CROSS BEHIND RIGHT FULL TURN LEFT, SWEEP

1-2 Sweep left from side to back
3 Cross left behind right
4-5 Unwind a full turn left

6 Sweep left from side to back

BASIC BACK, RIGHT TWINKLE

1-2-3 Step left back, step right together, step left in place

4-5-6 Step right forward and across, step left together, step right diagonally forward

LEFT TWINKLE, SLIDE 1/4 TURN LEFT

1-2-3 Step left forward and across, step right together, step left diagonally forward

4-5 Turn ¼ left and slide right to side

6 Slide/touch left together

SLIDE, SLIDE

1-2 Slide left to side
3 Slide right together
4-5 Slide right to side
6 Slide left together

1/4 TURN LEFT, BASIC FORWARD TWICE

1-2-3 Turn ¼ left and step left forward, step right together, step left in place

4-5-6 Step right forward, step left together, step right in place

ROCK LEFT FORWARD, RECOVER AND SLIDE

1-2-3 Rock left forward4 Recover onto right5-6 Slide left together

BASIC BACK, COASTER 1/4 TURN RIGHT

1-2-3 Step left back, step right together, step left in place

4-5-6 Step right back, step left together, turn ¼ right and step right forward

FULL TURN RIGHT TWICE

1	Turn ¼ right and step left to side
2	Turn ½ right and step right back
3	Turn ¼ right and step left forward
4	Turn ¼ right and step left to side
5	Turn ½ right and step right back
6	Turn ¼ right and step left forward

ROCK LEFT SIDE LEFT, RECOVER

1-2-3 Rock left to side 4-5-6 Recover onto right

EXTENDED WEAVE RIGHT

1-2-3 Cross left behind right, step right to side, cross left over right
4-5-6 Step right to side, cross left behind right, step right to side

CROSS ROCK LEFT, RECOVER

1-2-3 Cross/rock left over right4-5-6 Recover onto right

1/4 TURN LEFT, BASIC FORWARD 1/2 TURN LEFT, BASIC BACK

Turn ¼ left and step left forward
Turn ½ left and step right together

3 Step left in place

4-5-6 Step right back, step left together, step right in place

STEP LEFT BACK, KICK RIGHT FORWARD

1-2-3 Step left back4-5-6 Kick right forward

BASIC FORWARD 1/2 TURN RIGHT, BASIC BACK

1 Step right forward

2 Turn ½ right and step left together

3 Step right in place

4-5-6 Step left back, step right together, step left in place

ROCK RIGHT BACK, POINT LEFT FORWARD, RECOVER

1-2 Rock right back3 Touch left forward4-5-6 Step left in place

REPEAT

RESTART

After wall 2, do the first 6 counts twice, and then start again
If you don't want to turn just do basic steps forward-back-forward-back and start the dance again

RESTART

On wall 5, section 13, do the first 3 counts, then rock right back, recover and start again from the beginning