

Had It And Lost It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Furnell (UK) - July 2007
音樂: A Woman's Love - Alan Jackson



32 count intro.

Cross, Sweep, Cross, Back ¼ Turn, triple whole turn, Chasse, step side.

- &1-2&3-4 Cross right over left, Sweep left foot round and cross left over right, step back on right and side on left making ¼ turn left. Step side on right making ¼ turn right.
- &5-6&7-8 Step side on left making ½ turn right, step side on right making ¼ turn right, Step side on left, close right to left, step side on left, swaying hips to left. Step side on right, swaying hips to right.

Together and Point, Half point, Cross unwind, behind side rock step and rock step

- &1-2-3 4& Step left next to right and point right toe to side. Pivot ½ turn right and point right to side. Cross right over left and unwind a whole turn left sweeping left foot out to side. Cross left behind right, step side on right
- 5-6&7-8 Cross rock left over right, back on right and step side left, cross rock right over left and rock back on right.

Cross Step, Rock ¼ cross, Prep Cross step, Whole turn, Rock Step, Shuffle back.

- &1-2&3-4 Step side on right and cross left over right, Rock side on right back on left making ¼ turn left and cross right over left, step forward on left crossing left over left,
- 5&6&7&8 Step forward on right making ½ turn left, step back on left making ½ turn left. Rock forward on right back on left and shuffle back R, L, R.

Rock ¼ Cross, Rock Step Cross, Mambo Half turn, Whole turn, Shuffle.

- 1&2-3&4 Rock back on left making ¼ turn left, back onto right and cross left over right. Rock side on right, back on left and cross right over left.
- 5&6&7&8 Rock forward on left. Rock back on right making ½ turn left and step forward on left. Step forward on right and make a whole turn over left shoulder and shuffle forward Left, Right, Left.

HAPPY DANCING

HINTS ? Very Tricky Count this one.