Out of Goodbyes

拍數: 32

級數: Easy Intermediate

編舞者: Julie Carr (UK) - March 2011

音樂: Out of Goodbyes (feat. Lady Antebellum) - Maroon 5

Section 1: R side together, R side Chasse, L kick flick ¼ turn L, L forward shuffle. 1-2 Step R to R Slide L together with R 3&4 Step R to R step L next to R step R to R (weight on R) 5-6 Low L kick across R knee pivot 1/4 turn L [9clock] Step L forward bring R step forward on L 7&8 Section 2: 1/2 Turn, R rock recover, Full Turn R , L Rock back recover on R 1-2 Forward on R Pivot ¹/₂ turn L, 3-4 Rock forward on R, recover back onto L 5-6 Make full turn over R shoulder (stepping R L) 7-8 Rock back on R recover forward onto L [3clock] Section 3: R side rock & cross, Diagonal step L, R next to step L forward R step lock step forward 1&2 Rock R out to R side, recover onto L, Step cross R over L [3clock] &3-4 (On the diagonal toward 4-30) Step L to L side, bring R together with L, Step forward on L face [4-30] 5&6 Step forward on R lock L behind R, Step forward onto R 7&8 Cross mambo rock L over R. Recover onto L as you make a 1/4 turn L face [1-30] Section 4: Pivot ½ turn L on diagonal 7-30 R Step lock Step, L side rock & cross, R to R bring L slightly behind R. 1-2 Step forward on R make 1/2 turn L to face [7-30] [weight on L] 3&4 Step forward onto R, lock L behind R, step forward onto R. L side rock, recover onto R, cross L over R as you straighten up towards 9clock wall. 5&6 7-8 Step R to R side bring L slightly behind R. weight on L End of dance Contact: Julie 07776450866 - www.the-dance-studio.co.uk

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牆數:4