Cause I'm Falling

拍數: 88 **牆數:** 2 **級數:** Phrased Intermediate
編舞者: Anna Wärlander - April 2013
音樂: Falling - State Of Drama

Sequence: A,B,A,B,24counts of B,B

The dance starts on the first beat

A: 48 counts
Side rock, recover, sailor turn ¼ right, step turn ¼ right, cross rock side

1, 2	Rock right to right side, recover on left
3&4	step back on right, step left next to right, step right forward turning ¼ to right
5, 6	Step forward on left, turn ¼ to right stepping right to right side
7&8	cross left over right, recover on right, step left to left 6.00

Cross unwind ¾ left, mambo step, back, rock, recover, hold, cross back side

1, 2	Cross right over left, unwind ¾ to left weights on left
3&4	step forward on right, recover on left, step right back
5, 6&	step back on left, rock right to right side, recover on left
7&8&	hold, cross right over left, step back on left, step right to right side 9.00

Cross, side, rock back recover turn ¼ left, triple turn left, anchor step

1, 2	Cross left over right, step right to right side
3&4	rock left behind right, recover on right, step forward on left turning ¼
5&6	step back on right turn ½ to left, step forward on left turn ½ to left, step forward on right
7&8	rock back on left, recover on right, rock back on left 6.00

Back, turn ½ left, mambo step, back, rock recover, hold, cross back side

1, 2	Step back on right, turn ½ to left stepping forward on left
3&4	rock forward on right, recover on left, step right back
5, 6&	step back on left, rock right to right side, recover on left
7&8&	hold, cross right over left, step back on left, step right to right side 12.00

Rock forward recover, coaster step, step turn ½ left, triple turn left

1, 2	Rock forward on left, recover on right,
3&4	step back on left, step right next to left, step left forward
5, 6	step forward on right, turn ½ to left stepping forward on left,
7&8	Step back on right turning ½ to left, step forward on left turning ½ to left, step right forward 6.00

Step turn ¼ right, mambo step, coaster step, forward, step turn ¼ left

1, 2	Step forward on left, turn ¼ to right stepping forward on right,
3&4	step left forward, recover on right, step left back
5&6	step right back, step left next to right, step right forward
&7, 8	step forward on ball of left, step forward on right, turn ¼ left stepping left to left, 6.00

B: 40 counts
Step turn ¼ left, step turn step left, triple turn right, mambo step

1, 2	Step right forward, turn ¼ to left stepping left to left side
3&4	Step forward on right, turn ½ to left stepping forward on left, step forward on right
5&6	step back on left turn ½ to right, step forward on right stepping ½ to right, step forward on left
7&8	rock forward on right, recover on left, step back on right 9.00

Rock and cross, side behind side, cross rock, recover, ¼ turn left, triple turn left

1&2	Rock left to left side, recover on right, cross left over right
3&4	step right to right side, step left behind right, step right to right side
5&6	cross left over right, recover on right, turn ¼ to left stepping forward on left
7&8	turn ½ to left stepping back on right, turn ½ to left stepping forward on left, step forward on right 6.00

Mambo turn ¼ left, cross shuffle, rock turn ¼ left, recover, coaster step

1&2	rock forward on left, recover on right, turn ¼ to left stepping left to left side
3&4	cross right over left, step left to left side, cross right over left
5, 6	turn ¼ to left rocking forward on left, recover on right,
7&8	step back on left, step right next to left, step left forward, 12.00

Restart here in the third B

Shuffle forward, rock and cross turn ¼ right, turn ¼ left, turn ½ left, forward, Shuffle forward

1&2	step right forward, step left next to right, step right forward
3&4	rock left forward, recover on right turning ¼ to right, cross left over right
5&6	step back on right turn ¼ left, step forward on left turn ½ left, step forward on right
7&8	step left forward, step right next to left, step left forward 6.00

Walk forward right, left, anchor step, sailor step, cross unwind ½ turn

1, 2	walk right forward, walk left forward
3&4	rock back on right, recover on left, rock back on right
5&6	step left behind right, step right to right, step forward on left,
7, 8	cross right over left, unwind ½ turn to left weights on left, 12.00

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