

Before I Die (P)

拍數: 64 牆數: 0 級數: Improver Partner
編舞者: Pierre-Jean CHEYNEL (FR) - January 2014
音樂: Sing Me Back Home - John Permenter



Start dancing on lyrics, - Side by side position

[1 - 8] Rumba Box, Hold, Rumba Box, Hold

1 - 4 Step left to side, step right next to left, step left forward, Hold
5 - 8 Step right to side, step left to right, step right back, Hold

[9 - 16] Rock Back Recover, Step with ¼ turn Right, Hold, Behind Side Cross, Hold

1 - 4 Rock Back on Left, Recover onto Right, ¼ Turn Right with Step left to side, Hold ?
5 - 8 Cross right Behind left, Step left to side, Cross right over left, Hold

* : Indian Position

[17 - 24] Long Step Side, Slide, RF beside Left, LF on place, Long Step Side, Slide, LF beside Right, RF on place

1 - 4 Long Step left to side , Slide RF next left, Step Right on Place, Step Left on Place,
5 - 8 Long Step right to side , Slide LF next right, Step Left on Place, Step Right on Place

[25 - 32] Man : Grapevine Left, Touch, Grapevine Right, Touch

[25 - 32] Lady : Rolling Grapevine Left, Touch, Rolling Grapevine Right, Touch

1 - 4 Step left to side, Cross right behind left, step left to side, Touch Right together
5 - 8 Step right to side, Cross left behind right, step right to side, Touch left together
1 - 2 Turn ¼ left and step left forward, turn ½ left and step right back
3 - 4 Turn ¼ left and step left to side, Touch right together
5 - 6 Turn ¼ right and step right forward, turn ½ right and step left back
7 - 8 Turn ¼ right and step right to side, Touch left together

[33 - 40] Coaster Step, Hold, Step, ¼ Turn Left, Step, Hold

1 - 4 Step left back, step right beside left, step left forward, hold
5 - 8 Step Right Forward, ¼ turn left, step right forward, hold (8) ??

** : Side by Side

[41 - 48] Man : Step, Lock, Step, Hold, Mambo Forward, Hold

[41 - 48] Lady : ½ Right X2, Step, Hold, Mambo Forward, Hold

1 - 4 Step left forward, lock right behind, Step left forward, hold
5 - 8 Rock forward on right, recover weight on left, step right beside left, hold
1 - 4 Turn ½ Right and step left back, Turn ½ Right and step right forward, Step Left forward, hold
5 - 8 Rock forward on right, recover weight on left, step right beside left, hold

[49 - 56] Long Step Side, Slide, RF beside Left, LF on place, Long Step Side, Slide, LF beside Right, RF on place

1 - 4 Long Step left to side , Slide RF next left, Step Right on Place, Step Left on Place,
5 - 8 Long Step right to side , Slide LF next right, Step Left on Place, Step Right on Place

[57 - 64] Rocking Chair, Left Jazz Box Cross

1 - 4 Rock left forward, recover onto right, Rock left back, recover onto right
5 - 8 Cross left over right, Step back on right, Step left to side, Cross right over left.

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