We Are Done Easy

拍數: 32

級數: Basic Beginner

編舞者: Annemaree Sleeth (AUS) - August 2014

音樂: We Are Done - The Madden Brothers : (Album: Greetings From California)

This is a great split floor dance for "We Are Done' Written by Adrian Lefebour

START ON WORD LYRICS 48 COUNT INTRO BEGIN ON LYRICS " I"

Sect 1: 1-8 - CROSS POINT, CROSS POINT, CROSS BACK POINT, CROSS BACK, TOUCH

- 1-4 Cross R fwd over L, Point L side, cross L fwd over R, point R Side
- 5-8 Cross R back behind L, point L Side, cross L back behind R, Touch R Side

Sect 2: 9-16 - RIGHT SIDE TOGETHER SIDE, TOUCH, VINE ¼ L SCUFF

- 1-4 Step R side, step L tog, step R side, touch L beside R
- 5-8 Step L side, cross R behind ¼ L step L fwd, scuff R beside L

Sect 3: 17-24 RIGHT ROCKING CHAIR, V STEP

- 1-4 Rock R fwd, recover L, rock R back, recover L
- 5-8 Step R fwd 45 deg , step L fwd 45 deg , step R back, step L beside R

Section 4: 25- 32 HIPS BUMPS DOUBLE R, R, L , L, SINGLE HIPS R, L, R,L

- 1-4 Move weight to R hip and bounce twice, move weight to L hip and bounce twice
- 1-4 Option : 0r Hip R hold hip L hold for the newer dancers
- 5-8 Step R side and move weight to R hip, Move weight to L hip, move weight to R hip, move weight to L hip (option :hip rolls ccw)

BEGIN AGAIN

Contact - Website: inlinedancing.webs.com - Email: inlinedancing@gmail.com

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塘勴

牆數:4