

My Sad Goodbye

64 count, 4 wall, intermediate level
Choreographer: Laurel Ingram (UK) March 2005
Choreographed to: Disco Volante (128bpm) by
Frederik Kempe from "Boheme" cd

Section 1	Walk Forward. Right Shuffle. Shuffle ½ Pivot right. Rock Back Recover
1-2	Step forward right. Step forward left.
3&4	Step forward right. Close left beside right. Step forward right.
5&6	Triple ½ turn right stepping left right left.
7-8	Rock right back. Recover forward onto left.
Section 2	¼ Left & Right Side Rock & Recover. Right Cross Shuffle. 2 ¼ Turn R. Cross Recover Step
1-2	Turning ¼ left. Rock right to right. Recover weight on Left.
3&4	Cross step right over left. Step left to left. Cross step right over left.
5-6	Turning ¼ right step left. Turning ¼ right step right to right.
7&8	Cross rock left over right. Recover weight on right. Step left to left.
Section 3	Skates x 2. Forward Shuffle. Skates x 2. ¼ Turn Left Chasse
1-2	Skate right forward. Skate left forward.
3&4	Step right forward. Close left beside right. Step right forward.
5-6	Skate left forward. Skate right forward.
7&8	Step left to left side. Close right beside left. Step left ¼ turn left.
Section 4	Cross, Back, Coaster Step. Full Turn Right. Triple ½ Turn Right
1-2	Cross right over left. Step left back.
3&4	Step right back. Close left beside right. Step right forward.
5-6	Turn ½ right. Stepping left back. Turn ½ turn right . Stepping right forward.
7&8	Triple ½ turn right. Travelling forward. Stepping left right left.
Options:	Replace counts 5-6 with walk forward left right.
Section 5	Kick x 2. Sailor Step. Step. Cross ¼ Left. Left Coaster Step
1-2	Kick right forward. Kick right side.
3&4	Cross step right behind left. Step left to left side. Step right in place.
5-6	Cross step left over right. Turning ¼ left. Step right back.
7&8	Step left back. Step right together. Step left forward.
Section 6	Step ½ Pivot. Shuffle ½ turn. Step ½ Pivot. Left Shuffle
1-2	Step forward right. Step back left turning ½ right.
3&4	Make ½ turn right stepping right left right..
5-6	Step left forward. Pivot ½ turn right.
7&8	Step forward left. Close right beside left. Step forward left.
Section 7	Side Rock & Cross Shuffle. 2 x ¼ Turn Right. Left Shuffle Forward
1-2	Rock right to right side. Recover left.
3&4	Cross right over left. Step left to left side. Cross right over left.
5-6	Turning ¼ right. Step left to left. Turning ¼ right. Step right to right.
7&8	Step forward left. Close right beside left. Step forward left.
Section 8	Right Rock & Recover. Right Coaster Step. ½ Right Pivot. Triple Full Turn Right
1-2	Rock right forward. Recover weight on left.
3&4	Step right back. Step left together. Step right forward.
5-6	Step left forward. Pivot ½ right.
7&8	Step forward left ½ turn right. Step forward right ½ turn right. Step forward left.
Options:	Replace 7&8 with a shuffle forward. Left right left.
Choreographer's Note: On Wall 4, Section 8. Slow down on counts 5-6. Then take the full turn s-l-o-w-l-y on counts 7&8. Then pick up the tempo and restart the dance. Enjoy.	
