



Before It's Gone



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16 Count 4 Wall Intermediate Level Dance.

Choreographed by: Gary O'Reilly (IRL) & Maggie Gallagher (UK) Jan 2026

Choreographed to: Gone by Calum Scott

Intro: 8 Counts. Start at approx 10 secs.

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SEC 1 WALK/DRAG, WALK, STEP, PIVOT $\frac{1}{8}$, WALK, POINT, HOLD, BEHIND, SIDE ROCK $\frac{1}{4}$, BACK/HOOK, WALK, FULL TURN, ROCK SWEEP

1 Walk forward on L opening body on slight diagonal L while dragging R to meet L
2&a Walk forward on R towards (12:00), step forward on L, pivot $\frac{3}{8}$ (4:30)
3&a Walk forward on L, point R to R side, hold
4&a Cross R behind L, rock L to L, $\frac{1}{4}$ turn L recovering weight on R (1:30)
5 Step back on L hooking R across L
6&a $\frac{1}{8}$ R walk forward on R, $\frac{1}{2}$ R stepping back on L, $\frac{1}{2}$ R stepping forward on R (3:00)
7-8 Step/rock forward on L, recover back on R sweeping L around from front to back
Arms both palms facing up raise both arms up by side, with both palms facing down lower both arms down by side

SEC 2 SAILOR, BEHIND, $\frac{1}{4}$ STEP, FWD, WALK HITCH $\frac{1}{4}$, TWINKLE $\frac{1}{2}$ TOGETHER, SWAY, SWAY, WALK HITCH, BACK, BACK ROCK

1&a Cross L behind R, step R to R side, step L to L side
2&a Cross R behind L, $\frac{1}{4}$ L stepping forward on L, step forward on R (12:00)
3 Walk forward on L making $\frac{1}{4}$ turn L on ball of L hitching R knee up (9:00)
4&a Cross R over L, $\frac{1}{4}$ R stepping back on L, $\frac{1}{4}$ R stepping R next to L (3:00)
5-6 Pushing off the weight of R step L to L side swaying to L, sway to R
7 Walk forward on L hitching R knee forward
8&a Walk back on R, rock back on L, recover on R

Ending After 14 counts of Wall 8, step a long step to L side dragging R to meet L as you place your R hand on your chest/heart



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