

# MY SAD GOODBYE

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Laurel Ingram

**Music:** Disco Volante by Fredrik Kempe

## WALK FORWARD, RIGHT SHUFFLE, SHUFFLE $\frac{1}{2}$ 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  $\frac{1}{2}$  turn right stepping left right left
- 7-8 Rock right back, recover forward onto left

## $\frac{1}{4}$ LEFT & RIGHT SIDE ROCK & RECOVER, RIGHT CROSS SHUFFLE, 2 $\frac{1}{4}$ TURN RIGHT, CROSS RECOVER STEP

- 1-2 Turning  $\frac{1}{4}$  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  $\frac{1}{4}$  right step left, turning  $\frac{1}{4}$  right step right to right
- 7&8 Cross rock left over right, recover weight on right, step left to left

## SKATES TWICE, FORWARD SHUFFLE, SKATES TWICE, $\frac{1}{4}$ 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  $\frac{1}{4}$  turn left

## CROSS, BACK, COASTER STEP, FULL TURN RIGHT, TRIPLE $\frac{1}{2}$ 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  $\frac{1}{2}$  right, stepping left back, turn  $\frac{1}{2}$  turn right, stepping right forward
- 7&8 Triple  $\frac{1}{2}$  turn right, traveling forward, stepping left right left

**Options:** replace counts 5-6 with walk forward left right

## KICK TWICE, SAILOR STEP, STEP, CROSS $\frac{1}{4}$ 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  $\frac{1}{4}$  left, step right back
- 7&8** Step left back, step right together, step left forward

### **STEP $\frac{1}{2}$ PIVOT, SHUFFLE $\frac{1}{2}$ TURN, STEP $\frac{1}{2}$ PIVOT, LEFT SHUFFLE**

- 1-2** Step forward right, step back left turning  $\frac{1}{2}$  right
- 3&4** Make  $\frac{1}{2}$  turn right stepping right left right
- 5-6** Step left forward, pivot  $\frac{1}{2}$  turn right
- 7&8** Step forward left, close right beside left, step forward left

### **SIDE ROCK & CROSS SHUFFLE, 2 X $\frac{1}{4}$ 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  $\frac{1}{4}$  right, step left to left, turning  $\frac{1}{4}$  right, step right to right
- 7&8** Step forward left, close right beside left, step forward left

### **RIGHT ROCK & RECOVER, RIGHT COASTER STEP, $\frac{1}{2}$ 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  $\frac{1}{2}$  right
- 7&8** Step forward left  $\frac{1}{2}$  turn right, step forward right  $\frac{1}{2}$  turn right, step forward left

**Options: replace 7&8 with a shuffle forward, left right left**

### **REPEAT**

**On wall 4, section 8, slow down on counts 5-6, then take the full turn slowly on counts 7&8, then pick up the tempo and restart the dance**