

Before It's Gone

16 count, 4 wall, intermediate level

Choreographer: Gary O'Reilly & Maggie Gallagher. January 2026

Choreographed to: "Gone" by Calum Scott

Intro: 8 counts

Section 1 L Walk, Step-Step-3/8 R, Step-Point-Hold, Behind-Side-Rock 1/4 L, Back, Step-1/2 R-1/2 R, Rock Step
1 Walk forward on L opening body on slight diagonal L while dragging R to meet L
2&a Step forward on R towards (12:00), step forward on L, pivot 3/8 (4:30)
3&a Step forward on L, point R to R side, Hold
4&a Cross R behind L, rock L to L side as you begin 1/4 turn L, complete 1/4 turn L recovering weight on R (1:30)
5 Step back on L hooking R across L
6&1 1/8 R walk forward on R, 1/2 R stepping back on L, 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
Style: *Optional arms for count 7-8:
with both palms facing up raise both arms up by side (7),
with both palms facing down lower both arms down by side (8)*

Section 2 Sailor Step, Behind-1/4 L-Step, Walk w. Hitch 1/4 L, Twinkle 1/2 R, 2x Sway, Walk, Back-Back-Rock
1&a Cross L behind R, step R to R side, step L to L side
3&a Cross R behind L, 1/4 L stepping forward on L, step forward on R (12:00)
3 Walk forward on L making 1/4 turn L on ball of L hitching R knee up (9:00)
4&a Cross R over L, 1/4 R stepping back on L, 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 *The dance ends facing (12:00). After 14 counts of Wall 8:
Step a long step to L side dragging R to meet L as you place you R hand on your chest/heart.*

Quelle:

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