

Disease

Count: 32

Wand: 4

Ebene: High Beginner

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Musik: Disease - Lady Gaga



Intro : 32C

1 Tag (4C after wall 9)

1 Restart (on wall 4 after 16C)

S#1 SKATE FORWARD RL, DIAGONAL SHUFFLE, SKATE FORWARD LR, DIAGONAL SHUFFLE

1-2 Skate R to diagonal forward – Skate L to diagonal forward
3&4 Step R to diagonal forward, Lock L behind R, Step R forward
5-6 Skate L to diagonal forward, Skate R diagonal forward
7&8 Step L to diagonal forward, Lock R behind L, Step L forward

S#2 ROCK FORWARD, SHUFFLE BACK, WALK BACK LR, COASTER STEP

1-2 Rock R forward – Recover on L
3&4 Step R back – Lock L over R – Step R back
5-6 Step L back – Step R back
7&8 Step L back – Step R together – Step L forward

S#3 FORWARD - HITCH - BACK - BACK TOUCH - PIVOT 1/4 - FORWARD TOUCH - SIDE TOUCH

1-2 Step R forward, Hitch L
3-4 Step L back, Touch R back
5-6 Step R forward, Turn 1/4 to left Recover on L (facing 09.00)
7-8 Touch R forward, Touch R to side

S#4 BOTAFOGO RL - PIVOT 1/2 - FORWARD – CLOSE WITH PUSH HIP BACK

1a2 Cross R over L, Ball of L, Step R in place
3a4 Cross L over R, Ball of R, Step L in place
5-6 Step R forward, Turn 1/2 to left Recover on L (facing 03.00)
7-8 Step R forward, Close R together with push hip back
