

Balance Step

拍数: 48 墙数: 2 级数: Beginner
编舞者: Sally Hung (TW) - February 2015
音乐: San Fen Pai by Jacky Cheung



Sequence of dance:

After finish wall 3, add S8 facing 6:00

After finish wal 6, add S8 facing 12:00

Start to dance after 24 counts

S1. SIDE, BACK TOE STRUT, SIDE, BACK TOE STRUT

1,2,3 Step R to R, tap L toe behind R, drop L heel

4,5,6 Step R to R, tap L toe behind R, drop L heel

S2. SIDE MAMBO X2

1,2,3 Step R to R, recover on L, step close R to L

4,5,6 Step L to L, recover on R, step close L to R

S3. TOE STRUT, SIDE, TOE STRUT, SIDE

1,2,3 Tap R toe beside L heel, drop R heel, step L to L

4,5,6 Tap R toe beside L heel, drop R heel, step L to L

S4. MAMBO FWD, MAMBO BACK

1,2,3 Rock R fwd, recover on L, step back on R

4,5,6 Rock back on L, recover on R, step L fwd

S5. SIDE BEHIND SIDE, ¼ TURN R SIDE BEHIND SIDE

1,2,3 Step R to R, cross step L behind R, step R in place

4,5,6 ¼ turn R stepping L to L, cross step R behind L, step L in place

S6. SIDE BEHIND SIDE, ¼ TURN R SIDE BEHIND SIDE

1,2,3 Step R to R, cross step L behind R, step R in place

4,5,6 ¼ turn R stepping L to L, cross step R behind L, step L in place

S7. WALTZ BALANCE STEP

1,2,3 Step R fwd, step L together, step R in place

4,5,6 Step L back, step R together, step L in place

S8. CROSS RECOVER SIDE, CROSS RECOVER SIDE

1,2,3 Cross rock R over L, recover on L, step R to R

4,5,6 Cross rock L over R, recover on R, step L to L

Happy Dancing!

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