

Just Fall

拍数: 80 墙数: 2 级数: Advanced
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音乐: Just Fall - Anthem Lights



Intro: 16 counts (approximately 8 seconds)

S1: Kick/Ball/Cross, Rock R, Recover L, Sailor R With 1/4 Turn L, Rock Forward L , Recover R

1&2 Rf kick diagonally forward right, Rf step next to Lf (&), Lf cross in front of Rf
3-4 Rf rock right, recover onto Lf
5&6 Rf cross behind Lf, make 1/4 turn left stepping Lf left(&), Rf step forward (9.00)
7-8 Lf rock forward, recover onto Rf

S2: Shuffle Back L, Toe/Heel Strutt Back R With 1/2 Turn R, Toe/Heel Strutt Side L With 1/4 Turn R, Slide R

1&2 Lf step back, Rf step together(&), Lf step back
3-4 Rf touch toes back, make 1/2 turn right stepping down on right heel (3.00)
5-6 Lf touch toes left, make 1/4 turn right stepping down on left heel (6.00)
7-8 Rf take big step right, slide Lf next to Rf (weight remains on Rf)

S3: Syncopated Heel Grinds Travelling Backwards, Cross, Side, Sailor R With 1/4 Turn L

1-2 Lf cross heel in front of Rf, Lf swivel toes to left stepping Rf back
& Lf step back
3-4 Rf cross heel in front of Lf, Rf swivel toes to right stepping Lf back
& Rf step back
5-6 Lf cross in front of Rf, Rf step right
7&8 Lf cross behind Rf, make 1/4 turn left stepping Rf right(&), Lf step forward (3.00)

S4: Toe Touches With Hip Bumps (2X), 1/4 Turn Left, Slide R, Sailor L

1-2 Rf touch toes forward bumping hips forward, Rf step down
3-4 Lf touch toes forward bumping hips forward, Lf step down
& make 1/4 turn left (12.00)
5-6 Rf make big step right, slide Lf next to Rf (weight remains on Rf)
7&8 Lf cross behind Rf, Rf step right(&), Lf step left

S5: Cross, Side L, Sailor R, Cross, Side R, Sailor L With 1/4 Turn L

1-2 Rf cross in front of Lf, Lf step left
3&4 Rf cross behind Lf, Lf step left (&), Rf step right
5-6 Lf cross in front of Rf, Rf step right
7&8 Lf cross behind Rf, make 1/4 turn left stepping Rf right (&), Lf step left (9.00)

S6: Cross, Side L, Sailor R, Cross, Side R, Sailor L With 1/4 Turn L

1-2 Rf cross in front of Lf, Lf step left
3&4 Rf cross behind Lf, Lf step left (&), Rf step right
5-6 Lf cross in front of Rf, Rf step right
7&8 Lf cross behind Rf, make 1/4 turn left stepping Rf right (&), Lf step left (6.00)

S7: Kick Forward R, Step Together R, Touch Back L, Swivels With 1/2 Turn L, Coaster L, Out/Out

1&2 Rf kick forward, Rf step together (&), Lf touch back
3&4 Lf +Rf swivel heels right, Lf +Rf swivel heels back to centre (&) , Lf+Rf swivel heels right making 1/2 turn left keeping weight on Rf (12.00)
5&6 Lf step back, Rf step together (&), Lf step forward
7-8 Rf step right, Lf step left

S8: Toe Heel Strutts Back (2X) , Coaster R, Out/Out

1-2 Rf touch toes back , Rf step down
3-4 Lf touch toes back, Lf step down
5&6 Rf step back, Lf step together (&), Rf step forward
7-8 Lf step left, Rf step right

S9: Knee Pops (2X) , Sailor R With 1/4 Turn R, Kick/Ball/Touch, Sailor R

1-2 Lf pop knee in front of Rf, Rf pop knee in front of Lf (weight is on Lf)
3&4 Rf cross behind Lf , make 1/4 turn right stepping Lf left (&), Rf step right (3.00)
5&6 Lf kick forward, Lf step together (&), Rf touch right
7&8 Rf cross behind Lf, Lf step left (&), Rf step right

S10: Cross, Side R, Sailor With 1/4 Turn L, 1/2 Turn L, Walks (2X)

1-2 Lf cross in front of Rf, Rf step right
3&4 Lf cross behind Rf, make 1/4 turn left stepping Rf right (&), Lf step forward (12.00)
5-6 Rf step forward , make 1/2 turn left stepping Lf forward
7-8 Rf step forward, Lf step forward

Enjoy the dance! !
