

For Now On

拍数: 32 墙数: 4 级数: Improver - smooth rhythm
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音乐: Good To Be Alive - Meghan Trainor : (CD: The Peanuts Movie 2015)



Introduction: 16 counts, at the beat starts, start on approx. 09 sec. (No Tags or Restarts).

Part I. [1-8] Big Side Step, Back, Recover, Step, Lock, Step, ¼ L, Big Side Step, Back, Recover, ¼ L, Step, Lock, Step.

1,2& Step R big to R, Step L behind R, Recover back onto R.
3&4 Step L forward, Lock R behind L, Step L forward. (12:00)
5,6& Making ¼ turn L (9) step R big to R, Step L behind R, Recover back onto R.
7&8 Making ¼ turn L (6) step L forward, Lock R behind L, Step L forward.

PART II. [9-16] Fwd Mambo Step, Back Mambo Step, ½ Pivot Turn L, 3/8 Pivot turn L.

1&2 Step R forward, Recover back onto L, Step R slightly back.
3&4 Step L back, Recover back onto R, Step L slightly forward.
5-6 Step R forward, pivot ½ Turn L (12) onto L.
7-8 Step R forward, pivot 3/8 Turn L onto L squaring up to (7.30)

PART III. [17-24] Walks Fwd R-L, Anchor Step, Sweep, 1/8 L, Break Step, Recover, Big Step, Point & Hips R-L-R, Centre.

1-2 Walk R forward, Walk L forward. (4.30)
3& Locked R behind L take weight onto R, recover on L, recover on R
4 Making 1/8 turn L (6) sweep L from front to back.
5&6 Step L back, recover back onto R, Step L big forward.
7&8& Point R out to R, Bump R hip R, Bump L hip L, Bump R hip R, hip to centre.

PART IV. [25-32] Side, Behind, Side, Cross & Cross, Point & Point, ¼ L, Back Rock, Recover (Hips).

1,2& Step R to R, Step L behind R, Step R to R.
3&4 Step L across R, Step R slightly to R, Step L across R.
5&6& Point R out to R, Step R next to L, Point L out to L, Step L next to R.
7-8 Making ¼ turn L (3) step R back (pull hips back), recover back onto L.

REPEAT DANCE AND HAVE FUN!!!

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Last Update - 3rd. Nov. 2015