

拍数: 32 墙数: 4 级数: Improver
编舞者: Allan Bungeneers (BEL) & Julien Le Rouzic (FR) - March 2016
音乐: Try Everything - Shakira : (Theme Song from Zootopia)



Count in: Start dancing on word "I messed up tonight"

Section 1 : STEP FORWARD 2X, ½ TURN, PREP FULL TURN, FULL TURN, LOCK STEP

- 1 RF □ Step forward
- 2 LF □ Step forward
- 3 RF □ Step forward
- & LF □ Turn ½ L ending weight onto LF
- 4 RF □ Step forward (preparing full turn)
- 5 LF □ Turn ½ R stepping back onto LF
- 6 RF □ Turn ½ R stepping RF forward
- 7 LF □ Step forward
- & RF □ Lock behind LF
- 8 LF □ Step forward

Section 2 : STEP DIAGONNALLY FORWARD, TOUCH, KICK BALL CROSS, SIDE STEP L, BACK ROCK STEP, SIDE SHUFFLE R

- 1 RF □ Step diagonally R forward
- 2 LF □ LF touch next to RF
- 3 LF □ Kick on L diagonal
- & LF □ Step Ball next to RF
- 4 RF □ Cross over LF
- 5 LF □ Step to L side
- 6 RF □ Rock step backward
- 7 LF □ Recover weight
- 8 RF □ Step to R side
- & LF □ Step next to RF
- 1 RF □ Step to R side

Section 3 : CROSS, HEEL JACK, BALL, CROSS, ¼ TURN R, ½ TURN L, CROSS SHUFFLE

- 2 LF □ Cross behind RF
- & RF □ Slightly to R side
- 3 LF □ Touch heel diagonally forward
- & LF □ Step ball next to RF
- 4 RF □ Cross over LF
- 5 LF □ Turn ¼ R stepping back
- 6 RF □ Turn ¼ R stepping to R side
- 7 LF □ Cross over RF
- & RF □ Step to R side
- 8 LF □ Cross over RF

Section 4 : SIDE ROCK STEP, BEHIND ¼ TURN, LOCK STEP DIAGONALLY FORWARD 2X, STEP TURN

- 1 RF □ Rock step to R side
- 2 LF □ Recover weight
- 3 RF □ Cross Behind LF
- & LF □ Turn ¼ L stepping forward
- 4 RF □ Step diagonally R forward
- & LF □ Lock behind RF

- 5 RF □ Step forward onto R diagonal
& LF □ Step diagonally R forward
6 RF □ Lock behind RF
& LF □ Step forward onto R diagonal
7 RF □ Step forward
8 LF □ Turn ½ L ending weight onto LF

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