

Rinse & Repeat!

拍数: 32 墙数: 4 级数: Beginner - Funky
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音乐: Rinse & Repeat (feat. Kah-Lo) - Riton



Intro: 32 counts from beginning of the track

Note: □Restart on wall 6 after 8 counts

[1-8] □ KICK BALL STEP, KICK STEP TOUCH, BEHIND SIDE CROSS, SIDE TOUCH

1&2 Kick RF forward, Step RF next to LF, Touch LF Diag back L
3&4 Kick LF forward, Step LF next to RF, Touch RF Diag back R
5&6 Step RF behind LF, Step LF to L, Cross RF in front of LF
7,8 Step LF to L, Touch RF next to LF

Restart here on wall 6

[9-16] □ FULL CIRCLE WALK, 2 X HIP BUMPS R&L

1,2,3,4 Walk in a full circle turning over R shoulder R-L-R-L
5&6 Touch RF diag forward while moving hips to R, Recover hips to centre, Step forward on RF
7&8 Touch LF diag forward while moving hips to L, Recover hips to centre, Step forward on LF

[17-24] □ ½ TURN JAZZ BOX, HITCH & SIDE, DUCK & DIVE

1,2,3,4 Cross RF in front of LF, Step LF back making a ¼ turn over R shoulder, Step RF to R, Step LF forward while making a ¼ turn to R
5&6 Hitch R knee up, Touch R toe back, Turn ¼ R taking weight on RF
7,8 Push shoulders and upper body to R, Push shoulders and upper body to left

[25-32] □ TOUCH, TOUCH, SAILOR STEP, TOUCH BACK UNWIND, STEP R SIDE, STEP L SIDE

1,2 Touch RF fwd to diagonal L, Touch RF to R
3&4 Step RF behind LF, Step LF to L, Step RF to R
5,6,7,8 Touch L toe back, Unwind ½ turn L taking weight on LF, Step RF to R, Step L to L

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