

Lemonade

拍数: 64 墙数: 2 级数: Improver
编舞者: Nathan Gardiner (SCO) - March 2016
音乐: Lemonade - Alexandra Stan



Intro: 16 counts start on vocals

Walk Forward R & L, Mambo Step, Walk Back L & R, Coaster Cross

1-2 Step forward on R, Step forward on L
3&4 Rock forward on R, Recover on L, Step back on R
5-6 Step back on L, Step back on R
7&8 Step back on L, Step R next to L, Cross L over R

R Rumba Box, Walk Back R & L, Coaster Step

1&2 Step R to R side, Step L next to R, Step forward on R
3&4 Step L to L side, Step R next to L, Step back on L
5-6 Step back on R, Step back on L
7&8 Step back on R, Step L next to R, Step forward on R

L Lock, L Lock Step, R Lock, R Lock Step

1-2 Step forward on L, Lock R behind L
3&4 Step forward on L, Lock R behind L, Step forward on L
5-6 Step forward on R, Lock L behind R
7&8 Step forward on R, Lock L behind R, Step forward on R

Rock Forward, Recover, ¼ L Chasse, Jazz Box

1-2 Rock forward on L, Recover on R
3&4 ¼ L stepping L to L side, Step R next to L, Step L to L side
5-6 Cross R over L, Step back on L
7-8 Step R to R side, Step slightly forward on L

Step Forward, ¼ R, Sailor ¼ R, Skate L, Skate R, Diagonal Shuffle

1-2 Step forward on R, ¼ R stepping to L side
3&4 Step R behind L, ¼ R stepping L to L side, Step R to R side
5-6 Skate forward on L, Skate forward on R
7&8 Step L slightly to L diagonal, Step R next to L, Step L slightly to L diagonal

Cross Rock, Side, Cross Rock, Side, Jazz Box ¼ R Cross

1&2 Cross rock R over L, Recover on L, Step R to R side
3&4 Cross rock L over R, Recover on R, Step L to L side
5-6 Cross R over L, Step back on L
7-8 ¼ R stepping R to R side, Cross L over R

Side R, Behind, Chasse R, Side L, Behind, Chasse L

1-2 Step R to R side, Step L behind R
3&4 Step R to R side, Step L next to R, Step R to R side
5-6 Step L to L side, Step R behind L
7&8 Step L to L side, Step R next to L, Step L to L side

Coaster Step, Mambo Step, Rock Back, Recover, Syncopated Rocking Chair

1&2 Step back on R, Step L next to R, Step forward on R
3&4 Rock forward on L, Recover on R, Step back on L

5-6 Rock back on R, Recover on L

7&8& Rock forward on R, Recover on L, Rock back on R, Recover on L

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