Memories Stroll



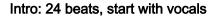
拍数: 42

墙数:4

级数: High Beginner

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音乐: Been Around a Long Time - Delbert McClinton & Glen Clark



S1: Stroll Right Foot

- 1-4 Cross right foot over left, tap toe, bring right foot back tap, cross right foot over left, tap, bring right foot back replace weight.
- 5-6 Bring left foot behind right, bring right foot back to left with weight

S2: Stroll Left Foot

- 1-4 Cross left foot over right, tap toe, bring left foot back tap, cross left foot over right, tap, bring left foot back replace weight.
- 5-6 Bring right foot behind left, bring left foot back to right with weight

S3: Twist About

- 1-2 Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)
- 3&4 Cross left behind right, step right, cross left front across right
- 5-6 Cross right foot over left (balls of your feet) twist or rotate body 180° ½ wall turn. Place weight on left foot

S4: Cha Cha, Rock Replace

- 1&2 Right foot cha cha cha forward (shuffle, shuffle)
- 3&4 Left foot cha cha cha forward (shuffle, shuffle)
- 5-6 Rock forward on right foot, recover weight back on to left foot

S5: Cha Cha, Rock Replace

- 1&2 Right foot cha cha back (shuffle, shuffle)
- 3&4 Left foot cha cha back (shuffle, shuffle)
- 5-6 Rock backward on right foot; recover weight back on to left foot

S6: Front Prep, Syncopated Jazz Box

- 1-2 Shag Front Prep Step right foot over left point left foot out (point toe of left foot out)
- 3&4 Cross left behind right; step right, cross left front across right
- 5-6 Cross right foot over left doing a step turn ¹/₄ left. Place weight on left foot

S7: Stroll Walk (Forward)

- 1-2 Step forward on right foot with weight, step left behind right (lock step)
- 3-4 Step forward on right foot with weight, step forward on left foot with weight
- 5-6 Step right foot behind left (lock step), step forward on left with weight

Repeat to end