

No Promises

拍数: 32 墙数: 4 级数: Beginner
编舞者: Wiesye Baraoh (INA) - November 2017
音乐: No Promises (feat. Demi Lovato) - Cheat Codes



No Tag No Restart

(S1) SAMBA WHISK, ¼ TURN R – SAMBA WHISK, R MAMBO FORWARD, L MAMBO BACK

1 & 2 Step Right to Right side, cross L behind R, recover on Right
3 & 4 ¼ turn R - Step Left to Left side, Cross R behind L, recover on Left
5 & 6 Step R Forward, Recover on L, Step R back
7 & 8 Step L back, Recover on R, Step L forward

(S2) CROSS TOUCH, SIDE TOUCH, R BOTAFOGO, CROSS TOUCH, SIDE TOUCH, L BOTAFOGO

1 2 Touch R cross over L, touch R to R side
3 & 4 Cross R over L, Step L to L side, Recover on R
5 6 Touch L cross over R, touch L to L side
7 & 8 Cross L Over R, Step R to R side, Recover on L

(S3) CROSS SHUFFLE R – CROSS SHUFFLE L , ¾ TURN R WITH STEP BALL, FORWARD

1 & 2 Cross R over L, Step L to L side, Cross R over L
4 & 5 Cross L over R, Step R to R side, Cross L over R
5 & Turn ¼ R – stepping forward on R, Step ball on L behind R
6 & Turn ¼ R – Repeat about step
7 & Turn ¼ R – Repeat about step
8 Step R Forward

(S4) ¼ Turn L SAMBA DIAMOND, BACK, SIDE, FORWARD, FORWARD, RECOVER, COASTER STEP

1 & 2 Cross L over R, Step R to R side, ¼ turn L – Step back on L
3 & 4 Step Back on R, Step L to L side, Step R Forward
5 6 Step L Forward, Recover on R
7 & 8 Step back on L, Step R close together L, Step L Forward

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