

Delicate

拍数: 48 墙数: 2 级数:
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音乐: Delicate - Taylor Swift



No Tags Or Restarts

[1-8]: SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS, STEP SLIDES

- 1-4 – Start with weight on the left foot, rock right foot out to right side (1), recover on left (2), step right foot behind left (3), step down on left (&), cross right foot in front of left (4)
- 5-8 – Step left foot out to left side (5), drag right foot toward left (6), repeat for 7-8. You should be angled so that you are facing between 9 & 10 o'clock. For styling, move your left shoulder up, right shoulder down when stepping on the left, then right shoulder up and left shoulder down when dragging right foot in.

[9-16]: SHUFFLE, STEP ¼ TURN, ½ TURN, COASTER

- 1-4 – Shuffle to the left, left(1), right (&), left (2), you will be making a little over ¼ turn to the back wall, step right foot to 10 o'clock (3), pivot to back wall, step down on left foot (4)
- 5-8 – You will step forward on your right (5), then you will start making a ½ turn over your right shoulder, step back on your left (6), coaster step, step back on right (7), step left in place (&), step forward on your right (8) – now back facing front wall

[17-24]: KNEE POPS, SLIDE, TOUCH, SIDE KICKS, ¼ TURN BODY ROLL

- 1-4 – Skate left leg out to 11 o'clock, popping knees apart (1), bring knees together (&), skate right leg out to 1 o'clock, popping knees apart (2), bring knee together (&), step/jump out to left side (3), slide right leg in to left and touch toe (4)
- 5-8 – Kick right foot out to right side (5), step down on right (&), kick left out to left side (6), step down on left turning your body ¼ turn to the right (&), body roll (7-8)

[25-32]: COASTER, FULL TURN, SHUFFLE, KICK AND OUT

- 1-4 – Step back on right (1), step left in place (&), step right forward (2), start making a full turn over the right shoulder – step back on left ½ turn (3), step forward on your right making the other ½ turn (4)
- 5-8& – Shuffle forward left (5), slide right forward (&), step left forward (6), kick right foot forward (7), step down on left (&), kick left foot out to left side (8), step left foot back down (&)

[33-40]: KICKS, REVERSE BODY ROLL, KNEE HITCH, ARM WAVE, & HEEL, AND ¼ TURN STEP

- 1-4 – Kick right foot out to right (1), step right foot in place, (&), kick left foot out to left side (2), step left foot back into the body (&), step back on right foot making the body roll (3), hitch left knee up (4)
- 5-8 – Step forward on your left (5) and wave your right hand forward in a snake like motion (&6), step back on right (&) kick left heel forward (7), step down on left making a ¼ turn to left facing front wall (&), left right foot back making a little hitch (8)

[41-48&]: WALKS, HIP SWAYS, HIP HITCH, HEEL, & TOE, & HEEL, & ½ TURN

- 1-4 – Walk forward right (1), walk forward left (2), sway hips to right (3), sway hips to left (4)
- 5-8 – As you sway your hips back to the right, bend over slightly and allow that right hip to pop up (5), put your left heel up (you should be angled facing 9 o'clock) (6), step down on left (&), touch right toe near left foot (7), step down on right (&), kick left heel up again (8), step down on left making ½ turn to left (you are now facing the back wall) (&)

REPEAT

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