

Natural

拍数: 32 墙数: 2 级数:
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音乐: Natural - Imagine Dragons



Tag in wall 7

Walk walk, heel out, heel out, in, cross over, step right, flick, step left, swivels

1 rf forward
2 lf forward
& rheel right
3 lheel left
& rf step in
4 lf cross over rf
& rf step right
5 lf flick back rf
6 lf left
7 swivel lheel left
& swivel lheel middle
8 swivel lheel left

And kick $\frac{1}{8}$ right, step $\frac{1}{8}$ right, botafogo $\frac{1}{8}$ turnright, walk walk, sailor step $\frac{1}{4}$ turn

& rf close lf
1 kick lf diagonal rf, turn $\frac{1}{8}$ rght
2 lf forward, $\frac{1}{8}$ turn right
3 rf cross forward lf
& $\frac{1}{4}$ turn right, lf left
4 rf right
5 lf forward diagonal towards 1900
6 rf forward diagonal towards 1900
7 lf cross backwards rf
& rf close lf
8 $\frac{1}{8}$ left, lf step left

Knee bounce $\frac{1}{4}$ turn, sissor step, sissor step $\frac{1}{8}$, $\frac{1}{2}$ turn right, slide touch

1 bounce both knees down
& bounce both knees up turn $\frac{1}{8}$ right
2 bounce both knees down
& bounce both knees up turn $\frac{1}{8}$ right, rf close lf
3 lf cross forward rf
4 rf right
& lf close rf
5 $\frac{1}{8}$ left rf cross forward lf
6 $\frac{1}{4}$ right, lf step backward
7 $\frac{1}{8}$ right, rf right
8 lf touch rf

Ball change, walk, touch, swivel, ball change $\frac{1}{2}$ turn right, run, run, run

& lf on spot
1 rf forward
2 lf forward
3 rf touch forward

& swivel both feet right
4 swivel both legs middle
& rf close lf
5 lf forward
6 ½ turn right, weight on rf
7 lf forward
& rf forward
8 lf forward

Tag: v step

1 rf diagonal right
2 lf diagonal left
3 rf middle
4 lf close rf
