

# Ball Cap

拍数: 32      墙数: 4      级数:  
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音乐: Ball Cap - Glen Templeton



## KICK & PIONT, KICK & POINT, CROSS, SIDE, ¼ SAILOR

1&2      kick R forward, step R beside L, touch L to left side  
3&4      kick L forward, step L beside R, touch R to right side  
5,6      cross R over L, step L to left side  
7&8      step R behind L, step L center making ¼ right, step R forward

## WALK, WALK, SHUFFLE, ROCK, RECOVER, ½ SHUFFLE

1,2      step forward on L, step forward on R  
3&4      step forward on L, step R beside L, step forward on L  
5,6      rock forward on R, recover back on L  
7&8      make a ¼ turn right stepping R, step L beside R, make a ¼ right stepping R

## WIZARD, WIZARD, & CROSS, ½ UNWIND

1,2&      step L to left, step R behind L, step L slightly left  
3,4&      step R to right, step L behind R, step R slightly right  
5,6,7      cross touch L over R, heel bounce ¼ right, heel bounce ¼ right placing weight on L

## SAILOR STEP, BEHIND SIDE CROSS, ROCK, RECOVER, SAILOR STEP, STEP

8&1      step R behind L, step L to L, step center on R  
2&3      step L behind R, step R to right side, cross L over R  
4,5      rock R to right side, recover L  
6&7      step R behind L, step L to L, step center on R  
8      Step forward on L

Repeat and Enjoy

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