

Be Nice!

拍数: 32 墙数: 2 级数: Improver
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音乐: Be Nice - C'Marie



Intro: 32 counts - No tag or restart!

S1 – RIGHT BOTAFOGO, LEFT BOTAFOGO, RIGHT-LEFT BACK BOTAFOGO,

1a2 Cross Rf over Lf (11:30), step ball of Lf to side, recover onto Rf (1:30)
3a4 Cross Lf over Rf (1:30), step ball of Rf to side, recover onto Lf (11:00)
5a6 Step Rf behind Lf, step ball of Lf to side, recover on ball of Rf
7a8 Step Lf behind Rf, step ball of Rf to side, recover on ball of Lf

S2 – STEP, RECOVER with HOOK, LOCK STEP FORWARD, STEP PIVOT 1/2 TURN with flick, LOCK STEP FORWARD

1-2 Step Rf forward, recover onto Lf with Rf hook across left shin,
3&4 Step Rf forward, lock ball of Lf behind Rf, step Rf forward
5-6 Step Lf forward, pivot 1/2 turn right with Lf flick (weight on Rf)
7&8 Step forward on Lf, lock ball of Rf behind Lf, step forward on Lf

S3 – FORWARD & BACK MAMBO, RIGHT & LEFT SAMBA WHISKS

1&2 Rock forward on Rf, recover onto Lf, step Rf back
3&4 Rock back on Lf, recover onto Rf, step Lf forward
5&6 Step Rf big step to side, step ball of Lf behind Rf, recover onto Rf
7&8 Step Lf big step to side, step ball of Rf behind Lf, recover onto Lf

S4 – FULL DIAMOND

1&2 Cross Rf over Lf (1) 6:00, turn 1/8 right stepping Lf to side (&) 7:30, step Rf Back (2) 7:30
3&4 Step Lf back(3) 7:30, turn 1/8 right stepping Rf side 9:00 (&), 1/8 turn right stepping Lf
 forward (4) 10:30
5&6 Cross Rf over Lf (5) 10:30, turn 1/8 right stepping Lf to side (&) 12:00 turn 1/8 Right stepping
 Rf back (6) 1:30
7&8 Step Lf back(7) 1:30, turn 1/8 right stepping Rf side (&) 3:00, turn 1/8 right stepping Lf
 forward (8) 4:30

Start again!

Have fun, enjoy!

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