

Numb

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Numb - Dotan



Intro: 48 Counts

Sec 1: Rock fwd, Recover, Together X2, Touch, Side Rock & Side Rock, Together, Hith, Step Back

1&2 RF. Rock fwd - LF. Recover - RF. Step beside LF
&3&4 LF. Rock voor - RF. Recover - LF. Step beside RF - RF. Touch toe Beside LF
5&6 RF. Rock side - LF. Recover - RF. Step beside LF
&7&8 LF. Rock side - RF. Recover - LF. Step beside RF - RF. Hitch R-knee (and bring elbow to your knee)

Sec 2: Coaster Step, Step fwd, Swivels with a 1/4 Turn R, Cross Rock, Recover, Side, Behind, Side, Cross, Low Kick

1&2& RF. Step back - LF. Step beside RF - RF. Step fwd - LF. Step fwd
3&4 RF+LF. Swivel both heels to L - RF+LF. Swivel both heels to R - RF+LF. Swivel both heels 1/4 turn R (3:00)
5&6 RF. Cross rock behind LF - LF. Recover - RF. Step to R side
&7&8 LF. Cross behind RF - RF. Step to R side - LF. Cross over RF - RF. 1/8 Turn R low kick fwd get up a little on the LF (4:30)

Sec 3: Step Back, Together, Step Back, & Step-Lock-Step bwd, & 1/2 Turn R, Step fwd, Together, Step fwd, Step-Lock-Step fwd, Step fwd

1&2 RF. Step back - LF. Step beside RF - RF. Step back (4:30)
&3&4 LF. Step back - RF. Lock across LF - LF. Step back - RF. 1/2 Turn R step fwd (10:30)
5&6 LF. Step fwd - RF. Step beside LF - LF. Step fwd
&7&8 RF. Step fwd - LF. Lock behind RF - RF. Step fwd - LF. Step fwd (10:30)

Sec 4: Rock fwd, Recover, 1/8 Turn R Step Side, Cross Rock, Recover, Step Side, Step fwd, Pivot 1/2 Turn R, Step fwd, Kick-Ball-Step

1&2 RF. Rock fwd - LF. Recover - RF. 1/8 Turn R step to R side (12:00)
&3&4 LF. Cross rock over RF - RF. Recover - LF. Step to L side - RF. Step fwd
5&6 LF. Step fwd - Pivot 1/2 turn R - LF. Step fwd (6:00)
7&8 RF. Kick fwd - RF. Step beside LF - LF. Step fwd

Start Again

Tag and Restart: After the 2nd and the 4th wall (12:00)

Walk 1/2 Circle Right, R,L,R,L Walk Walk 1/2 Circle Left, R,L,R,L

1-2-3-4 walk 1/2 circle clockwise stepping R,L,R,L (6:00)
5-6-7-8 walk 1/2 circle to the left stepping R,L,R,L (12:00)

count 1-8, you make an 8 form

Rock fwd, Recover, 1/2 Turn R, Step fwd, Step fwd, Pivot 1/2 Turn L, Walk R,L fwd

1-2-3-4 RF. Rock fwd - LF. Recover - RF. 1/2 Turn R step fwd - LF. Step fwd (6:00)
5-6-7-8 RF. Step fwd - Pivot 1/2 turn L - RF. Step fwd - LF. Step fwd (12:00)

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