

Cats

拍数: 32 墙数: 4 级数: Beginner
编舞者: Laura Nanclares (ES) - July 2019
音乐: All These Cats - Lindi Ortega



***3 Restarts walls 1, 3 & 5 after the count 24

[1-8] KICK BALL HEEL ¼ TURN LEFT, COASTER STEP, ROCK STEP RIGHT, TRIPLE STEP

1. Kick RF forward
- &. Step RF beside Left
2. Touch Left Heel forward with ¼ turn left (9:00)
3. Step LF back
- &. Step RF beside left
4. Step LF forward
5. Rock RF to right
6. Recover in LF
7. Step RF to right
- & Step LF beside RF
8. Step RF to right

[9-16] ROCK STEP BACK, TRIPLE STEP ¼ TURN LEFT, HEEL SWITCHES, TOE SWITCHES

1. Rock LF back
2. Recover in RF
3. Step LF forward with ¼ turn left (6:00)
- &. Step RF forward next to LF
4. Step LF forward
5. Touch Right Heel forward
- &. Step RF beside LF
6. Touch Left Heel forward
- & Step LF beside RF
7. Touch Right Toe forward (while turning the knee inward)
- & Step RF beside Left
8. Touch Left Toe forward (while turning the knee inward)
- & Step LF beside Right

[17-24] KICK BALL STEP, TRIPLE STEP FORWARD, ROCK STEP, TRIPLE STEP ¼ TURN LEFT

1. Kick RF forward
- & Step RF beside Left
2. Step LF forward
3. Step RF forward
- & Step LF next to Right
4. Step RF forward
5. Rock LF forward
6. Recover in RF
7. Step LF to Left with ¼ turn to left (3:00)
- & Step RF to left next to LF
8. Step LF to Left

***-HERE RESTART WALLS 1, 3 and 5-

[25-32] JAZZ BOX TWICE

1. Cross RF over LF
2. Step LF back

3. Step RF to Right
 4. Step LF forward
 5. Cross RF over LF
 6. Step LF back
 7. Step RF to Right
 8. Step LF forward
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