

Refreshed!

拍数: 64 墙数: 4 级数: Improver
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音乐: A.S.A.P - The Refreshments



Intro: Quick start – 2 seconds in – start on the word “way”. One easy restart during wall 3

Weave Right, Side, Hold, Back Rock, Recover

1-2-3-4 Step right to right side, Step left behind right, Step right to right side, Cross step left over right
5-6-7-8 Step right to right side, Hold, Rock back on left, Recover on right

Weave Left, Side, Hold, Back Rock, Recover

1-2-3-4 Step left to left side, Step right behind left, Step left to left side, Cross step right over left
5-6-7-8 Step left to left side, Hold, Rock back on right, Recover on left

***Restart here during wall 3 facing 6.0 o'clock**

Forward Rhumba Box, (with Holds)

1-2-3-4 Step right to right side, Step left beside right, Step right forward, Hold
5-6-7-8 Step left to left side, Step right beside left, Step left back, Hold

Back, Lock, Back, Kick x 2

1-2 Step right back, Lock step left over right
3-4 Step right back, Kick left forward
5-6 Step left back, Lock step right over left
7-8 Step left back, Kick right forward

Back, Together, Forward, Hold, 1/4 Pivot Turn Right, Cross, Hold

1-2 Step right back, Step left beside right
3-4 Step right forward, Hold
5-6 Step left forward, pivot ¼ turn right [3:0]
7-8 Cross step left over right, Hold

1/4 Turn, 1/4 Turn, Cross, Hold, Vine Left, Hold

1-2 Step right back making ¼ turn left, Step left to left side making ¼ turn left [9:0]
3-4 Cross step right over left, Hold
5-6 Step left to left side, Step right behind left
7-8 Step left to left side, Hold

Full Monterey Turn

1-2 Point right to right side, Step right beside left making ½ turn right [3:0]
3-4 Point left to left side, Step left beside right
5-6 Point right to right side, Step right beside left making ½ turn right [9:0]
7-8 Point left to left side, Step left beside right

Kick Forward, Kick Side, Behind, Side, Cross, Side, Back Rock, Recover with Cross

1-2 Kick right forward, Kick right to right side
3-4 Step right behind left, Step left to left side
5-6 Cross step right over left, Step left to left side
7-8 Rock step right back, Recover on left over right

REPEAT

One easy restart during wall 3 after count 16 facing 6:0 o'clock

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