

Free Up

拍数: 16 墙数: 4 级数: Absolute Beginner
编舞者: Sara Bosch, Eva Talarn, Sílvia Diaz & Dolors Cañellas - October 2020
音乐: Crazy - Abe Mac



[1-4]: STEP FORWARD, TOUCH, STEP BACK TOUCH

- 1 Step forward on RF
- 2 Touch Left Toe behind right foot
- 3 Step back on LF
- 4 Touch Right Toe beside left foot

[5-12]: ¼ TURN & MODIFIED RUMBA BOX

- 1 ¼ Turn right and Step RF to right side
- 2 Step LF beside right foot
- 3 Step forward on RF
- 4 Touch LF beside right foot
- 5 Step LF to left side
- 6 Step Rf beside left foot
- 7 Step forward on LF
- 8 Touch RF beside left foot

[13-16]: STEP BACK, SLIDE, STOMP, HOLD

- 1 Step back on RF
- 2 Slide LF close to right foot
- 3 Stomp LF beside right
- 4 Hold

START AGAIN
