

She Moves!!

拍数: 32 墙数: 4 级数: Improver
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音乐: The Way She Moves (feat. Akon) - Zion



NO TAG AND RESTART

I. Forward & Back Mambo, 1/2 Turn right, Back walk, Back mambo

1 & 2 Rock L forward, Recover onto R, Step L back
3 & 4 Rock R back, Recover onto L, Step R forward
5 & 6 Make 1/2 turn right Step L back, Step back R, L
7 & 8 Rock R back, Recover onto L, Step R forward.

II. Cross shuffle R/L, Side touch, Sailor Turn 1/4 left

1 & 2 Step L cross over R, Step R to side, Step L cross over R
3 & 4 Step R cross over L, Step L to side, Step R cross over L
5 & 6 Touch L to side, Touch L together, Touch L to side
7 & 8 Turn 1/4 left step L behind R, Step R to right, Step L forward.

III. Press forward & hook, Shuffle fwd, Swivel, Pivot 1/2

1 - 2 Step R forward and press, Hook R over L
3 & 4 R forward, L forward beside R, R forward
5 - 6 R & L in place twist both heel turn 1/2 left (9.00), R & L in place twist both heel turn 1/2 right (3.00)with L flick
7 & 8 L forward, 1/2 turn right step R forward, Step L forward

IV. Kick & Hook frwd, Syncopated Lock Step Forward

1 & 2 Kick R forward, Hook R over L, Step R forward
3 & 4 Kick L forward, Hook L over R, Step L forward
5 & 6 Step R forward, Step L lock forward behind R, Step R forward
& 7 & Step L forward, Step R lock forward behind L, Step L forward
8 Step R forward
