

The Weight

拍数: 40 墙数: 4 级数: High Beginner
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音乐: The Weight - Danny Vera



Intro: 16 counts, dance starts 2 counts before the song

L side rock, recover, cross behind-side-cross over, R side rock, recover, cross behind-side-step ¼ L fwd

1 - 2 LF rock L - recover on RF
3 & 4 LF cross behind, RF step aside, LF cross over
5 - 6 RF rock R - recover on LF
7 & 8 RF cross behind, LF step aside, RF step ¼ turn L fwd *

Rock fwd, recover, shuffle back, step ½ turn R fwd, step ½ turn R back, cross behind-side-cross over

1 - 2 LF rock fwd - recover on RF
3 & 4 LF step back, RF close, LF step back
5 - 6 RF step fwd ½ turn R, LF step back ½ turn R
7 & 8 RF cross behind, LF step aside, RF cross over

Side rock, cross shuffle L & R

1 - 2 LF rock L - recover on RF
3 & 4 LF cross over, RF step behind, LF cross over
5 - 6 RF rock R - recover on LF
7 & 8 RF cross over, LF step behind RF cross over *

Point L, close ¼ turn L, side mambo cross, kick ball cross, side mambo, touch

1 - 2 LF point L - ¼ L close next to RF
3 & 4 RF rock R, recover on LF, RF cross over
5 & 6 LF kick diagonal L fwd, LF step on ball, RF cross over
7 & 8 LF rock L, recover on RF, LF touch next to RF

Rock fwd, recover, shuffle back, sailor step ¼ R, fwd mambo, touch

1 - 2 LF rock fwd - recover on RF
3 & 4 LF step back, RF close, LF step back
5 & 6 RF cross behind, LF step ¼ turn R, RF step fwd
7 & 8 LF rock fwd, recover on RF, LF touch next to RF

Start over again!

Restarts: -

*** wall 3 after sec. 3 (count 24)**

*** wall 7 after sec. 1 (count 8)**