

Lana

拍数: 32 墙数: 4 级数: Beginner
编舞者: Antoinette Claassens (NL) - March 2021
音乐: Lana (feat. Bandit) - The Professional DJ



Intro: 32 counts, dance starts after singing on "O... b... Lana

Toe strut, step, pivot ½ turn R, toe strut, step, pivot ½ turn L

1 - 2 RF step on toe fwd - put heel down
3 - 4 LF step fwd - LF+RF turn ½ R
5 - 6 LF step on toe fwd - put heel down
7 - 8 RF step fwd - RF+LF turn ½ L

Kick-ball-step, step, hold (R + L)

1 & 2 RF kick fwd, RF step on ball, LF step fwd
3 - 4 RF step fwd - Hold
5 & 6 LF kick fwd, LF step on ball, RF step fwd
7 - 8 LF step fwd - Hold

Vine R, touch, vine L ¼ turn L, touch

1 - 2 RF step R - LF cross behind
3 - 4 RF step R - LF touch beside
5 - 6 LF step L - RF cross behind
7 - 8 LF step fwd ¼ L - RF touch beside

Step fwd, touch, step back, touch, step back, touch, step fwd, touch

1 - 2 RF step fwd - LF touch beside
3 - 4 LF step back - RF touch beside
5 - 6 RF step back - LF touch beside
7 - 8 LF step fwd - RF touch beside

Start over again !

Last Update - 26 March 2021
