

Ouch

拍数: 32 墙数: 2 级数: High Beginner
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音乐: OUCH - Mau y Ricky



Intro After 16 counts - 1 Tag & 1 Restart

SECTION I : CROSS SAMBA R - L , 1/2 PIVOT TURN L , FORWARD LOCK SHUFFLE

1a2 Cross R over L , Ball of L opened side touch , Step R in place
3a4 Cross L over R , Ball of R opened side touch , Step L in place
5&6 Step R forward, Make 1/2 Turn L recover on L , Step R forward
7&8 Step L forward, Cross R behind L, Step L forward

SECTION II : VAUDEVILLE R - L , CROSS SHUFFLE , CHASSE L

1&2& Cross R over L , Step slightly L back , Touch R heel forward , Step R next to L
3&4& Cross L over R , Step Slightly R back , Touch L heel forward , Step L next to R
5&6 Cross R over L , Step L to side , Cross R over L
7&8 Turn 1/4 L & Step L to side , Step R beside L, Step L To side

SECTION III : TWIST FORWARD , COASTER STEP , DIAGONAL STEP FORWARD HIP BUMP DIAGONAL STEP BACK HIP BUMP

1 2 step R forward & Swivel heel to R - L
3&4 Step R Back , Step L beside R , Step R forward
5 6 Sliding Step L diagonal forward , Drag R toward L and bump your hip
7 8 Sliding Step R diagonal back , Drag L toward R and bump your hip

SECTION IV : JAZZ BOX , VOLTA TURN LEFT

1 2 3 4 Step L cross R , Step R back , Step L back to Left side , Cross R over L
5&6& Turn 1/4 L step L forward , Step ball on R behind L , Turn 1/4 L step L Forward , Step ball on R behind L
7&8 Turn 1/8 L step L forward , Step ball on R behind L , Turn 1/8 L step L forward (12.00)

TAG 20 COUNTS ,AFTER WALL 3

RUMBA BOX , SIDE MAMBO CROSS R - L

1&2 Step R to R side , Step L close R , Step R back
3&4 Step L backward to side R , Step R close L , Step L forward
5&6 Step R to Right side , Step L in place , Cross R over L
7&8 Step L to Left side , Step R in place, CtoSS L over R

PIVOT TURN , SHUFFLE X2

1 2 Step R forward, Turn 1/2 L step L in place
3&4 Step R forward, Step L beside R , step R forward
5 6 Step L forward, Turn 1/2 R step R in place,
7&8 Step L forward, Step R beside L , Step L forward

SWAY

1 - 4 Sway Your hips to R - L - R - L

RESTART ON WALL 4 AFTER 12 COUNTS

LETS DANCE WITH HEART

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Last Update - 3 April 2021

