

拍数: 32 墙数: 4 级数: Easy Improver
 编舞者: YoungSoon Song (KOR) - April 2021
 音乐: 1-2-3-4-5-6-7-8 - Ken Laszlo : (Italo Disco)



No Tag, No Restart

S1: SIDE ROCK/RECOVER/TOGETHER x3, SIDE, TOGETHER

1-2& RF Rock R(1), LF Recover(2), RF Together(&)
 3-4& LF Rock L(3), RF Recover(4), LF Together(&)
 5-6& RF Rock R(5), LF Recover(6), RF Together(&)
 7-8 LF Step L(7), RF Together(8)

S2: BACK x2, PONY STEP, BACK x2, PONY STEP, BALL CHANGE

1-2 LF Step Back(1), RF Step Back(2)
 3&4 LF Rock Back(3), RF Recover(&), LF Rock Back(4)
 5-6 RF Step Back(5), LF Step Back(6)
 7&8& RF Rock Back(7), LF Recover(&), RF Rock Back(8), LF Ball Change(&)

S3: FORWARD, HEEL OUT- IN, FORWARD, HEEL OUT-IN, DIAGONAL LOCK STEP FORWARD R, L, TOGETHER

1&2& RF Step Forward(1), RF Heel Out(&), RF Heel In(2), RF Together(&)
 3&4& LF Step Forward(3), LF Heel Out(&), LF Heel In(4), LF Together(&)
 5&6& RF Step 1/8 Turn R Forward(1:30)(5), LF Cross Behind(&), RF Step Forward(6), LF Step 1/4 Turn L Forward(10:30)(&)
 7&8 RF Cross Behind(7), LF 1/8 Turn R Step Forward(12:00)(&), RF Together(8)

S4: HEEL SWIVEL 1/8 TURN R x2, HEEL UP, OUT-OUT, HIP SWAY R, L, R, L

1&2& BF Swivel 1/8 Turn R Heel Up(1:30)(1), BF Heel Down(&), BF Swivel 1/8 Turn R Heel Up(3:00)(2), BF Heel Down(&)
 3&4 BF Heel Up In Place(3), RF Out(&), LF Out(4)
 5-6 Hip Sway R(5), Hip Sway L(6)
 7-8 Hip Sway R(7), Hip Sway L(8)(Weight on LF)