

Take The Time

拍数: 64 墙数: 4 级数: Advanced
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音乐: Blue Suede Shoes - Elvis Presley



Music (2) Mustang Sally by The Commitments

[1 - 8] Walk, Out out, Cross, Full turn,

1-4 walk forward right, left, right, left
&5 side step right, side step left
6,7,8 cross right behind left, unwind 1 full turn right, step left

[9-16] Cross session

1& cross-step right in front of left, weight on left
2& step right back, weight on left
3&4 cross-step right in front of left, weight on left, step right
5& cross-step left in front of right, weight on right
6& step left back, weight on right
7&8 cross-step left in front of right, weight on right, step left

[17 - 24] hook, schuffle step turn shuffle

& turn 1/4 right and hook right
1&2 step right forward, cross left behind, step right forward
3,4 step left, turn 1/2 and weight on right
5&6 step left forward, cross right behind, step left forward
7,8 turn 1/4 left and side touch right, cross touch right forward

[25 - 32] Full turn, Mambo step, Pivot, full turn

1&2 step right, turn 1/2 right and step left, turn 1/2 right and step right
3&4 step left forward, weight back on right, step left backward
5&6 turn 1/2 right and step right, turn 1/2 right and step left, step right
7&8 step left forward, weight back on right, step left backward

[33 - 40] Point, 1/2 turn, press line, Kick

1 point right toe backward stretching the right leg
2 turn 1/2 right, weight on right
3&4 bend forward on right knee, back lifting the knee, kick right forward
5&6 bring the right leg cross behind the left and step right, turn 1/4 right and step left, turn 1/2 right and step right
7&8 kick left, ball change and cross step right

[41 - 48] chasse, movement, cross & cross, moviment

1&2 side step left, step right close to left, side step left
3,4 bring right arm to the left and point downward, back
5&6 cross left behind, side step right, cross left in front
&7 side step right, bring left arm to the left and point downward
8 back and turn 1/4 left

[49 - 56] walking step turn, cross & cross, step turn 1/4, step turn 1/4

1&2 step right, turn 1/2 right and step left, step right backward
3&4 sweep and step left backward, turn 1/4 right and step right, step left forward
5,6 step right, turn 1/4 left and step left

7,8 step right, turn 1/4 left and step left

[57 - 64] Kick Kick, Cross Unwind, Stamp, Stomp

1&2 kick right forward, ball change, step left forward

3&4 kick right forward, ball change, step left forward

&5 step right forward, cross touch left behind

6 unwind full turn left

7,8 scuff right, stomp right

ENJOY YOUR DANCE..!!!!!!!
