

Self Control

拍数: 32 墙数: 4 级数:
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音乐: Self Control (Extended Version) - Laura Branigan



WALK FWD 3, KICK, WALK BWD 3, TOUCH

1-4 Walk forward R L R & kick L forward
5-8 Walk backward L R L & touch R beside L

STEP FWD, LOCK, STEP FWD & SCUFF X2

1-4 Step forward R, Lock L behind R Step forward R Scuff L
5-8 Step forward L, Lock R behind L Step forward L Scuff R

VINE RIGHT STEP, JAZZ BOX IN PLACE WITH LEFT TOUCH ENDING

1-2 Step right foot to right side, step left foot crossed behind right
3-4 Step right foot to right side, step onto left foot
5-8 Step right foot across front of left, step back with left foot, step right foot to right side, Touch left foot beside right

VINE LEFT TOUCH, JAZZ BOX ¼ TURN RIGHT

1-2 Step left foot to left side, step right foot crossed behind left
3-4 Step left foot to left side, touch right foot beside left
5-8 Step right foot across front of left, step back with left foot, turn ¼ right, step right foot to right side, step slightly forward with left foot

REPEAT WHOLE SEQUENCE

No Tag/Restart
