

Foreman

拍数: 32 墙数: 4 级数: Beginner
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音乐: Bench Seat - Kristen Foreman



INTRO: 32 COUNT

SEC 1: KICK BALL CHANGE TWICE , ½ TURN RIGHT TWICE

1&2 kick right forward, step right beside left, step left on place
3&4 kick right forward, step right beside left, step left on place
5-6 step right forward, ½ turn left (weight on left)
7-8 step right forward, ½ turn left (weight on left)

SEC 2: GRAPEVINE RIGHT , ¼ TURN RIGHT , ½ TURN RIGHT , GRAPEVINE LEFT

1-2 step right side right, cross left behind right
3-4 turn ¼ right and step right forward, step left forward
5-6 turn ½ right, turn ¼ right and step left side left
7-8 cross right behind left, turn ¼ left and step left forward

SEC 3: HIP BUMPS (R -L) , ¼ TURN LEFT TWICE

1-2 step right forward bumping hips R-L
3-4 step left forward bumping hips R-L
5-6 step right forward, turn ¼ left
7-8 step right forward, turn ¼ left

SEC4: JAZZ BOX , STOMP CLAP TWICE

1-2 cross right over left, step back left
3-4 step side right, step left forward
5-6 stomp right forward, clap in place
7-8 stomp left forward, clap in place

REPEAT

RESTART: at the 4th wall after 24 count
