

Toast

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Toast - Smith & Thell



Intro: Start after 8 counts on lyrics, weight on L
Tag 16 counts after wall 3 (03:00) and 6 (06:00)

S1. SIDE HOLD, BEHIND SIDE CROSS, SIDE ROCK CROSS, ½ TURN R

1-2 Large step R to right side, hold
3&4 Step L behind R, step R to R side, cross L over R
5&6 Rock R to R side, recover to L, cross R over L
7-8 ¼ turn R step L back, ¼ turn R step R to R side (06:00)

S2. SAMBA, SAMBA ¼, CROSS, SIDE, BEHIND, SIDE, CROSS, POINT

1&2 Cross L over R, rock R to R side, recover to L
3&4 Cross R over L, ¼ turn R step L back, step R to R side (09:00)
5&6&7 Cross L over R, Step R to R side, Cross L behind R, Step R to R side, Cross L over R
8 Point R to R side

S3. DOROTHY BACK X2, BACK ROCK, FULL TURN L

1-2& Step R back slightly diagonally, lock L over R, step R back slightly diagonally
3-4& Step L back slightly diagonally, lock R over L, step L back slightly diagonally
5-6 Rock R back bending R knee, recover to L
7-8 ½ turn L stepping R back, ½ turn L stepping R forward

S4. ½ SWEEP, BEHIND SIDE CROSS&CROSS, STOMP R, HOLD, ½ L, HOLD

1 ½ turn L sweeping L from front to back (03:00)
2&3&4 Step L behind R, step R beside L, cross L over R, step R to R side, cross L over R
5-8 Stomp R to R side, Hold, ½ turn L step L to L side, Hold (09:00)

TAG: CROSS, FULL SPIRAL, SHUFFLE, ROCK FWD, BACK KICK, BACK KICK, ¼

1-2 Cross R over L (to L diagonal preparing body for spiral), spiral full turn R hitching L and bring your R arm in a toast
3&4 Step L fwd, step R beside L, step L fwd
5 Rock R fwd bending slightly in both knees
6 Recover on L kick R fwd
7 Step R back kick L fwd
8 ¼ L step L to L side

Repeat Tag once more