

The 504

拍数: 32 墙数: 4 级数: Beginner
编舞者: Amanda Knox (USA) - March 2022
音乐: Good Times Roll - Jimmie Allen & Nelly



[1-8]: R Fwd Rock, R Coaster Step, L Fwd Rock, L Coaster Step

12 Rock R forward (1), Recover to L (2)
3&4 Step R back (3), Step L next to R (&), Step R forward (4)
56 Rock L forward (5), Recover to R (6)
7&8 Step L back (7), Step R next to L (&), Step L forward (8)

[9-16]: Modified Rhumba Box

12 Step R right (1), Step L next to R(2)
3&4 Step R forward (3), Step L next to R (&), Step R forward (4)
56 Step L left (5), Step R next to L (6)
7&8 Step L forward (7), Step R next to L, (&), Step L forward (8)

[17-24]: L ¼ Hip Roll Pivot, L ¼ Hip Roll Pivot, Smooth Samba x2

12 Step R forward (1), Roll hips ¼ L weight ending on L (2)
34 Step R forward (3), Roll hips ¼ L weight ending on L (4)
5&6 Cross R over L (5), Rock L to L side (&), Recover weight to R (6)
7&8 Cross L over R (7), Rock R to R side (&), Recover weight to L (8)

[25-32]: 3/4 Walk Around, Pimp Walks x2

1234 Step R fwd making ¼ turn L (1), Step L fwd making 1/8 turn L (2), Step R fwd making 1/8 turn L (3), Step L fwd making 1/8 turn L (9) (9:00)
5678 Step R over L as you dip down moving fwd (5), Step L fwd (6), Step R over L as you dip down moving fwd (7), Step L fwd (8)

Last Update: 29 Nov 2022
