

Insecure

拍数: 32 墙数: 4 级数: Improver
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音乐: Belle of the Boulevard - Dashboard Confessional



Intro: 32 counts

Sec 1. WALK FORWARD R - L, TURN 1/2 RIGHT, WALK FORWARD L - R, ROCK RECOVER, STEP BACK

1 – 2 Step forward on R, Step forward on L
3 & 4 1/2 turn right sweep on R front to back step back on R (6.00), step L beside R, step forward on R
5 – 6 Step forward on L, step forward on R
7 & 8 Step forward on L, recover on R, step back on L sweep on R

Sec 2. BACK, SWEEP, BEHIND SIDE CROSS, SIDE ROCK, 1/4 TURN RIGHT

1 – 2 Step back on R sweep on L, step back on L sweep on R
3 & 4 Cross R behind L, step L to side, cross R over L
5 – 6 Step L to side, recover on R
7 & 8 Cross L behind R, 1/4 turn right step forward on R (9.00), step forward on L

Sec 3. PRESS, SLIDE BACK, CLOSE, FORWARD, 1/2 CHASE TURN LEFT, ANCHOR STEP

1 – 2 Press R forward whilst slide back on L, step back on L
3 – 4 & 5 Close R beside L, step forward on L, step forward on R, 1/2 turn left step L in place (3.00)
6 – 7 & 8 Step forward on R, step L slightly behind R (3rd position), step R in place, step slightly back on L

Sec 4. WALK FORWARD R - L, CROSS ROCK, SIDE, STEP BACKWARD w/ SWIVEL

1 – 2 Step forward on R, step forward on L
3 & 4 & Cross R over L, recover on L, step R to side, recover on L
5 – 6 Step back on R swivel on L, step back on L swivel on R
7 – 8 Step back on R swivel on L, step back on L swivel on R

TAG after wall 3 (4 counts): Sway R – L – R – L hitch on R

RESTART:

(After 24 counts) on wall 1 – 4 – 7

(After 16 counts) on wall 9

Enjoy Dancing

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