

6's to 9's

拍数: 32 墙数: 4 级数: Intermediate
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音乐: 6's to 9's (feat. Rationale) - Big Wild



Intro: 32 counts (no restarts or tags)

[1-8] OUT OUT w/BODY ROLL, SIT, SAILOR, BEHIND, ¼ FWD, ¼ SIDE, KICK BALL CROSS

&1 (&) Step R out to right/slightly back; 1) Step L out to left/slightly back

Note: As you step out, out do a body roll back from head down to hips.

2 Sit into L hip bending knees slightly with R heel lifted, ball of R on floor

3&4& 3) Step R behind L; &) Step L to left; 4) Step R to right/slightly forward; &) Step L behind R

5-6 5) Turn ¼ right stepping R forward; 6) Turn ¼ right stepping L to left [6:00]

7&8 7) Kick R to right diagonal; &) Step ball of R slightly back; 8) Cross L over R

[9-16] GLIDING ½ TURN, CROSS ROCK, RECOVER, SIDE, DIAG WALK, WALK, FWD MAMBO

1-2 1) With knees slightly bent glide/step R to right; 2) Knees still slightly bent turn ½ left glide/step L to left [12:00]

3&4 3) Cross rock R over L; &) Recover to L; 4) Step R to right

5-6 5) Turn 1/8 right stepping L forward; 6) Step R forward [1:30]

7&8 7) Rock L forward; &) Recover to R; 8) Step L back

[17-24] ¼ POINT SIDE, ¼ HITCH, CROSS, HOLD, CROSS TRIPLE, ¼ CROSS TRIPLE

&1 (&) Turn ¼ right stepping R to right; 1) Point L to left [4:30]

2 Turn 3/8 left stepping L forward hitching R knee [12:00]

3-4 3) Cross R over L; 4) Hold

Styling note: Roll smoothly down from the toe to the heel as you step across

&5&6 (&) Lift L knee slightly; 5) Cross L over R; &) Step ball of R in place; 6) Step L in place

&7&8 (&) Turn ¼ left lifting R knee slightly; 7) Cross R over L; &) Step ball of L in place; 8) Step R in place [9:00]

[25-32] ½ PIVOT, BOOGIE WALKS, FWD MAMBO, BACK, TOUCH BACK, ½ TURN

1-2 1) Step L forward; 2) Turn ½ right shifting weight to R [3:00]

3&4 3) Step L fwd pushing hips/knees left; &) Step R fwd pushing hips/knees right; 4) Step L fwd pushing hips/knees left

5&6 5) Rock R forward; &) Recover to L; 6) Step R back

&7-8 (&) Step L back; 7) Touch toe/ball of R back; 8) Turn ½ right shifting weight to L with R toe pointed forward [9:00]

Begin again!

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