

Slow Clap

拍数: 32 墙数: 4 级数: Beginner
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音乐: Slow Clap (feat. Saweetie) - Gwen Stefani



Intro 8 counts - No Tags

****2 Restarts on wall 2 after 16 Counts & on Wall 8 after 16 counts**

S1 # WALK FORWARD RLR - SIDE TOUCH WITH CLAP - WALK BACK LRL - SIDE TOUCH WITH CLAP

1-2 Step R Forward, Step L Forward
3&4 Step R Forward, Touch L to side with clap, Clap
5-6 Step L backward, Step R backward
7&8 Step L backward, Touch R to side with clap, Clap

S2 # EXTENDED WEAVE - BOTAFOGO - MAMBO FORWARD - MAMBO BACKWARD

1&2 Cross R over L, Step L to side, Cross R behind L
&3&4 Step L to side, Cross R over L, Step ball L to side , Step R in place
5&6 Step L forward, Step R in place, Step L beside R
7&8 Step R backward, Step L in place, Step R beside L

S3 # SCISSOR RL - 1/4 PIVOT TO LEFT- CLOSE TOUCH - SIDE TOUCH - CLOSE TOUCH

1&2 Step R to side, Close L beside R, Cross R over L
3&4 Step L to side, Close R beside L, Cross L over R
5-6 Step R Forward, 1/4 turn left recover on L (09.00)
7&8 Touch R beside L, Touch R to side, Touch R beside L

S4 # V STEP - SIDE MAMBO - BODY WAVE

1-2 Step R diagonal right forward, Step L diagonal left forward
3-4 Step R back to center, Close L beside R
5&6 Step R to side, Step L in place, Close R beside L
7-8 Body moves like waves foot close together position head-shoulder-chest-stomach moves to the front like wave, back to the centre