

For Real

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Mandy Eades (UK) - November 2022
音乐: For Real - Joybird



Intro: 16 Counts or 7 seconds. Start on lyrics I gotta smile taking over my face

Section One: R HIP BUMP, RF STEP FWD, L HIP BUMP, LF STEP FWD X2

1 2 Touch R Toes forward bumping hips forward, Step on RF
3 4 Touch L Toes forward bumping hips forward, Step on LF
5 6 Touch R Toes forward bumping hips forward, Step on RF
7 8 Touch L Toes forward bumping hips forward, Step on LF

Section Two: V STEP X2

1 2 Step forward onto R diagonal, step forward onto L diagonal
3 4 Step back to centre on R, step back to centre on L
5 6 Step forward onto R diagonal, step forward onto L diagonal
7 8 Step back to centre on R, step back to centre on L

Section Three: CHARLESTON STEPS x2

1 2 Step R forward, kick L forward
3 4 Step L back, touch R back
5 6 Step R forward, kick L forward,
7 8 Step L back, touch R back

Section Four: VINE R , TOUCH, VINE L ¼ TURN, TOUCH

1 2 Step R to R side, Step L behind
3 4 Step R to R side, Touch L beside R
5 6 Step L to L side, Step R behind
7 8 Make ¼ Turn L Stepping onto L, Touch R beside L

No tags, No restarts - Have fun and enjoy
