

Gold

拍数: 64 墙数: 2 级数: Phrased Intermediate
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音乐: Gold - Loi



Part A (32 Counts) - Part B (32 Counts)

Sequence: AAABBAAABBAAB

Ending with Arms/Hands underneath your chin and smile -

Part A:

[1-8] Step R Fwd, 1/4 Turn R & Hitch L (Push Arms to Side), Weave R

1,2 Step R Fwd, 1/4 Turn R & Hitch L with Arms pushing to the Side
3-6 Cross Step L over R, Step R to R, Cross Step L Behind R, Step R to R
7,8 Cross Step L over R, Step R to R

[9-16] Rock L Back Behind L, Recover R, Step L to L, Rock R Back Behind L, Recover L, Step R to R, Step L Behind R, Unwind 3/4 Turn L (Weight L)

1-3 Step L Behind R, Recover R, Step L to L
4-6 Step R Behind L, Recover L, Step R to R
7,8 Step L Behind R, Unwind with 3/4 Turn L (Weight L)

[17-24] Rock R Fwd, Recover L, Step R Back & Kick L Fwd, Step L Down, Slightly Back, Step R Back, Step L Back, Step R Back & Kick L, Step L Down

1,2 Step R Fwd, Recover L
3,4 Step R Back & Kick L Fwd, Step Down on L Slightly Back
5,6 Small Steps Back: R-L
7,8 Step R Back & Kick L Fwd, Step Down on L

[25-32] Step R Fwd, Lock L Behind R, Step R Fwd, Step L Fwd, Lock R Behind L, Step L Fwd, Touch R next to L & Push Shoulders Back, Push Shoulders Back (Bring your Chest to the front twice) (next wall; clap twice)

1-3 Step R Diagonal Fwd, Step L next to R, Step R Fwd
4-6 Step L Diagonal Fwd, Step R next to L, Step L Fwd
7,8 Touch R next to L & Push your shoulders back twice

Part B:

[1-8] Step R Fwd With Top of R Hand underneath your R chin/cheek - R Elbow to R upper Diagonal, Step L next to R With Top of L Hand underneath your L chin/cheek, Little Jump Back on your L & Hitch your R & put your Arms in the Air into a half circle around, Rock Back R, Recover L, Step R Fwd, Step L next to R

1,2 Step R Fwd - R Hand underneath your R Cheek, Step L Fwd - L Hand underneath your L Cheek
3,4 Step Jump L Back & Hitch R with Arms in the Air into a half circle down
5-8 Rock Back R, Recover L, Step R Fwd, Step L next to R

[9-16] Both Top Hands with Fingers touching underneath the chin - Right Elbow to Right upper Diagonal - Left Elbow to Left down

Diagonal while Bending R Knee - Switch Arm directions L-R, Hold, L,R,L, bending Knees also - Switch Weight on L on count 8

1,2 Both Top Hands underneath your chin with R Elbow upper R diagonal & L Elbow lower L diagonal & bend R Knee, Change direction & bend L Knee
3,4 Still Both Top Hands underneath your chin with R Elbow upper R diagonal and L Elbow lower L diagonal & bend R Knee, Hold
5,6 Both Top Hand underneath your chin with L Elbow upper L diagonal & R Elbow lower R diagonal & bend L Knee, Change direction & bend R Knee

7,8 Still Both Top Hands underneath your chin with L Elbow upper L diagonal and R Elbow lower R diagonal & bend L Knee, Switch Weight on L

[17-24] Step R to R, Hitch L and touch R inner Knee with your L inner Foot - with R Arm down next to your R thigh and L Arm up in the air, 1/4 Turn L and put down your L Arm - put the R Arm in the Air, 1/2 Turn L and put down R Arm - put up L Arm, 1/4 Turn L and put down L Arm - put up R Arm and Hitch R Knee - touch L inner Knee with your R inner Foot

1,2 Step R to R, Hitch L - R Hand touches your R Thigh, L Arm in the Air
3,4 1/4 Turn L and switching Arms (R up, L Down)
5,6 1/2 Turn L and switching Arms (L up, R Down)
7,8 1/4 Turn L and Hitch R - L Hand touches your L Thigh, R Arm in the Air

[25-32] Chassé 1/4 Turn R, Step Turn 1/4 R, Cross, Step R in Place, Step L next to R

1-3 Step R to R, Step L next to R, Step R with a 1/4 Turn R
4-6 Step L Fwd, 1/4 Turn R with R, Step Cross L over R
7,8 Step R in Place, Step L next to R

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