

Prosecco

拍数: 32 墙数: 4 级数: Low Intermediate
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音乐: Prosecco - Patrik Jean



Starting after 16 counts - Restarts: 1

(1-8) walk walk, mambo step, touch back 1/2 turn, coaster step

1 2 step R fwd (1), step L fwd (2)
3&4 Rock R fwd (2), recover weight back onto L(&), step R back (4)
5 6 touch L back (5), turn ½ L weight on R (6)
7&8 step L back (7), step R together (&), step L forward (8)

(9-16) Hip circle 1/4, behind side cross, point R+L+R, Flick ¼

1 2 hip circle from L to R with 1/4 R (1), step R to side (2),
3&4 cross L behind R (3), step R to side (&), cross L over R (4)
5&6 point R to R side (5), step R next to L(&), point L to L side (6),
&7 8 step L next to R (&), point R to R side (7), step R with ¼ R and Flick L (8)

Restart : after 16 counts in wall 4 with step change

Point R+L+R, touch R next to L and start again

(17- 24) Step L forward, step side R ¼, coaster step ¼, walk, walk, mambo forward

1 2 step L forward (1), step R 1/4 R (2),
3&4 step L back ¼ R (3), step R next to L (&) step L forward (4)
5 6 step R forward (5), step L forward (6)
7 & 8 Rock R forward (7), recover weight back on to L (&), step R back (8)

(25- 32) R heel grind back, L heel grind back, coaster step 1/4 , rock step, sailor step 1/2 ball

1 2 step L back with heel grind R (1), step R back with heel grind L (2)
3 & 4 step L back ¼ L (3), step R next to L (&) step L forward (4)
5 6 Rock R forward (5), recover weight back onto L (6),
7&8& Cross R behind L ¼ R(7), turn R and step back on L 1/4 R (&), Step forward on R (8), step L together (&)

Last Update: 22 May 2023