

Not You

拍数: 32 墙数: 2 级数: Improver
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音乐: Not You - Alan Walker & Emma Steinbakken



Restart 4 times, after 22 count on wall 2,4,5,6
Intro 8 count

S1: WALK FORWARD AND SWEEP L&R, RUN R-L-R, HITCH, WALKBACK L&R, L ROCK BACK, RECOVER R, FORWARD STEP L

- 1-2 Step Lf fwd cross over Rf while slightly sweep Rf from back to front. Step Rf fwd cross over Lf while slightly sweep Lf from back to front
- 3-4&5 Step Lf forward, Run R-L-R while Lf hitch
- 6&7 Step Lf backward, step Rf backward, rock Lf back
- 8& Recover on Rf, step Lf forward (12.00)

S2: DIAMOND SHAPE ½ L, DIAGONAL ROCK FORWARD/LUNGES R&L, BACK STEP

- 1-2& Step Rf to right side while pointing Lf, turn 1/8 left step Lf back, step Rf back (10.30),
- 3-4& Turn 1/8 left step Lf to side while pointing Rf(9.00), turn 1/8 right step Rf forward, step Lf forward(10.30)
- 5-6& Rock Rf diagonal left while bending Rf knee/Lunge (10.30), recover on Lf, step Rf beside Lf
- 7-8& Rock Lf diagonal right while bending Lf knee/Lunge (1.30), recover on Rf, step Lf backward (12.00)

S3: BACK STEP RF, LEG STRAIGHT, BACK, CLOSE, SIDE LUNGE, PIVOT ½ L, ROCKBACK R&L, CLOSE

- 1-2&3 Step Rf backward Lift your left leg straight forward (bend R knee, pointed L toe), step Lf backward, step Rf beside Lf, point Lf to L side while bending R knee (side lunge L)
- 4&5-6 Turn ¼ left step Lf forward (9.00), Turn ¼ left step Rf forward (6.00), Lf rock back while turn your upper body to left, recover on Rf. (dance end here on wall 2, 4,5,6 then restart)
- &7-8& step Lf to left, Rf rock back while turn your upper body right, recover on Lf weight on Lf, close Rf beside Lf

S4: ROCK FORWARD L&R, STEP TOGETHER BEND KNEES WHILE DROP BODY, STAND UP WHILE SWAY UPPER BODY R&L

- 1-2& Rock Lf forward, recover on Rf, step Lf beside Rf
 - 3-4& Rock Rf forward, recover on Lf, step together Rf and Lf
 - 5-6 Bend your knees down while drop your body forward
 - 7-8 Raise your body while sway upper body R&L
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