

Grab That Thing

拍数: 40 墙数: 2 级数: Improver
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音乐: Do Si Do - Flo Rida : (iTunes)



Intro: 8 counts, start approx 04 sec.

S1: [1-8] Syncopated Fwd Rock ¼ R, L Shuffle Back, R Rock Back.

1,2& RF rock fwd (1), LF recover (2), RF step right ¼ right (3.00) (&).
3,4 LF rock fwd (3), RF recover (4)
5&6 LF step back (5), RF step beside LF (&), LF step back (6).
7,8 RF rock back (7), LF recover (8).

(NB: Restart here in wall 4, after 8 counts, after start again).

S2: [9-16] ¼ Monterey Turn R, R Out, L Out, R Back, L Together.

1,4 Point R out to R (1), Pivot ¼ turn R (6.00) step Rf beside Lf (2), Point L out to L (3), Step Lf beside Rf (4).
5,8 RF step out right (5), LF step out left (6), RF step back (7), LF step beside RF (8).

S3: [17-24] R, L Syncopated Side Rocks, L Together, R Side Rock, R Cross, L Step ¼ L.

1,2 RF rock right (1), LF recover (2).
& RF step beside LF (&).
3,4 LF rock left (3), RF recover (4).
& LF step beside RF (&).
5,6 RF rock right (5), LF recover (6).
7,8 RF step across LF (7), LF step fwd ¼ left (3.00) (8).

S4: [25-32] Step Fwd, Bounce ½ Turn L, R Rocking Chair ¼ L.

1,4 Step fwd on R (1), raise both heels & bounce on balls of both feet 3 times to face 9.00 (your L foot will be in front of your R when done) (2-3-4).
5,6 RF rock fwd (5), LF recover (6).
7,8 RF rock back ¼ L (6.00) (7), LF Recover (8).

(NB: Restarts here in wall 2, 3 after 32 counts, after start again).

S5: R Side Rock, L Weave, L Side Rock, L Sailor Fwd.

1,2 RF rock right, (1), Recover on LF
3&4 RF step behind Lf (3), LF step left (&), RF step across LF (4).
5,6 LF rock left (5), RF Recover (6).
7&8 LF step behind RF (7), RF step right (&), LF step fwd (8).

REPEAT THE DANCE AND HAVE FUN!!