

Cough

拍数: 32 墙数: 4 级数: Beginner
编舞者: Malene Jakobsen (DK) - July 2023
音乐: Cough (Odo) - Kizz Daniel & EMPIRE : (Clean Version - iTunes)



Intro: 32 counts from the beat 24 sec. seconds into track, dance begins with weight on L

[1-8] Fwd. rock, shuffle back, back rock, walk, walk

1-2-3&4 (1) Rock fwd. on R, (2) recover onto L, (3) step back on R, (&) step L next to R, (4) step back on R

5-6-7-8 (5) Rock back on L, (6) recover onto R, (7-8) walk fwd. L, R

[9-16] Fwd. rock, shuffle back, back rock, walk, walk

1-2-3&4 (1) Rock fwd. on L, (2) recover onto R, (3) step back on L, (&) step R next to L, (4) step back on L

5-6-7-8 (5) Rock back on R, (6) recover onto L, (7-8) walk fwd. R, L

[17-24] Paddle half turn

1-2-3-4 (1) Step fwd. on R, (2) turn 1/8 L, (3) step fwd. on R, (4) turn 1/8 L

5-6-7-8 (5) Step fwd. on R, (5) turn 1/8 L, (7) step fwd. on R, (8) turn 1/8 L

NOTE: When doing the paddling, you can roll your hips, wiggle, shake etc. – just have fun ☐

[25-32] Cross, side, coaster 1/4, fwd. rock, coaster step

1-2 (1) Cross R over L, (2) step L to L

3&4 (3) Turn 1/4 R stepping back on R, (&) step L next to R, (4) step fwd. on R

5-6-7&8 (5) Rock fwd. on L, (6) recover onto R, (7) step back on L, (&) step R next to L, (8) step fwd. on L