

Damaged FC

拍数: 32 墙数: 4 级数: Beginner
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音乐: Damaged Goods - Flatland Cavalry



[1-8] Diagonal Step Fwd R, Scuff L, Diagonal Step Fwd L, Scuff R, Rock Step Fwd R, Back R, Hook Fwd L

- 1- 2) RF diagonally forward R, « Scuff » rub L heel next to RF
- 3- 4) LF diagonally forward L, « Scuff » rub R heel next to LF
- 5- 6) « Rock Step fwd » : RF forward, recover on LF
- 7- 8) RF back, « Hook Fwd » lift LF and cross L leg in front of R leg (at the height of the shins)

[9-16] Step-Lock-Step Fwd L, Hook Back R or Hold, ¼ turn L and Side R, Foot Boogie L

- 1- 3) « Step-Lock-Step Fwd » : LF forward, cross RF behind LF, LF forward
- 4 « Hook Back » lift RF and cross R leg behind L leg (at the height of the shins) OR hold
- 5 ¼ turn L and RF to R 9H
- 6- 8) « Foot Boogie » : pivot LF heel-toe-heel to the RF

[17-24] Side L, Foot Boogie R, Heel Fwd R, Touch R, Kick x2 R

- 1- 4) LF to L, « Foot Boogie » : pivot RF heel-toe-heel to the LF
- 5- 6) R heel forward, touch R point next to LF
- 7- 8) R kick forward x2

[25-32] Rock Step Back R, Step Turn ½ R, Full Turn with Toe Strut or Heel Strut x2

- 1- 2) « Rock Step Back » : RF back, recover on LF
- 3- 4) « Step turn ½ » : RF forward (on RF), ½ turn L (on LF) 3H
- 5- 8) « Full Turn with Toe Strut » : ½ turn L and touch R toe back, drop R heel, ½ turn L and touch L toe forward, drop L heel 9H-3H

OR

- 5- 8) « Heel Strut x2 » : R heel forward, drop R toe, L heel forward, drop L toe
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