

End Of The Road

拍数: 32 墙数: 4 级数: Improver
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音乐: Drive Me - Blodwyn Pig



Intro - 16 beats

S1. Step R fwd, knee pops, L kick ball step, monkey steps, step R fwd, bump hips

1&2&. Step R fwd, pop both knees fwd (lifting heels), step R next to L
3&4. Kick L fwd, replace, step R on the spot
5&6& Monkey steps, out, in, out, in
7&8&. Step R fwd, bump hips R, L, R

S2. L cross fwd mambo 1/8 turn R, R cross fwd mambo 1/4 turn R, L cross fwd mambo 1/4 turn R, R cross fwd mambo 1/8 turn R

1&2. Turning 1/8 R, cross L over R, step R back, step L next to R
3&4. Turning 1/4 R, cross R over L, step L back, step R next to L
5&6. Turning 1/4 R, cross L over R, step R back, step L next to R
7&8. Turning 1/8 R, cross R over L, step L back, step R next to L

S3. L fwd mambo, L side mambo, R fwd mambo, R side mambo

1&2. Step L fwd, step R back, step L next to R
3&4. Step L to L, step R on the spot, step L next to R
5&6. Step R fwd, step L back, step R next to L
7&8. Step R to R, step L on the spot, step R next to L

S4. 3/4 spin R, 1/4 turn L, 3/4 spin R, 1/4 turn L

1&2. Spinning 3/4 R, step R, L, R.
3&4. Turning 1/4 L, step L, R, L
5&6. Rpt 1&2
7&8. Rpt 3&4

Restart after 2nd, 4th, 6th & 7th S3.

Repeat S4. an extra X 2 to finish facing 12 o'clock.

Title a reference to the worsening arthritis in my knees ☐