

My Macho Ez

拍数: 32 墙数: 2 级数: Beginner
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音乐: My Macho - Jessica Jay



#START AFTER 16 SECOND

SECT I . CHASSE RIGHT , BACK RECOVER ,CHASSE LEFT ,BACK RECOVER

1 & 2 Step Rf to side , Lf beside Rf ,Rf to side
3 - 4 Step Lf back Rf , recover on Rf
5 & 6 Step Lf to side , Rf beside Lf , Lf to side
7 - 8 Step Rf back Lf , recover on Lf

SECT II . 2X CHA CHA (R-L), JAZZ BOX TURN RIGHT ¼

1 & 2 Step Rf forward , Lf beside Rf , Rf forward
3 & 4 Step Lf forward , Rf beside Lf , Lf forward
5 - 6 Step Rf cross over Lf , Lf back turn right ¼
7 - 8 Step Rf to side , Lf forward

SECT III . SIDE ROCK , BEHIND SIDE FORWARD , SIDE ROCK , CROSS SHUFFLE

1 - 2 Step Rf to side , Recover on Lf
3 & 4 Step Rf behind Lf , Lf beside Rf , Rf forward
5 - 6 Step Lf to left , Recover on Rf
7 & 8 Step Lf cross over Rf , Rf to side , Cross Lf over Rf

#Note : Second option to easy step on sect III :

SIDE SHUFFLE (R - L)

1 - 2 Step Rf to side , Lf beside Rf
3 & 4 Step Rf to side , Lf beside Rf , Rf to side
5 - 6 Step Lf to side , Rf beside Lf
7 & 8 Step Lf to side , Rf beside Lf , Lf to side

SECT IV : MONTEREY (R-L) TURN RIGHT ¼ , ROCKING CHAIR

1 - 2 Touch toe Rf to side , Rf close Lf turn right ¼
3 - 4 Touch TOE Lf to side , Lf close Rf
5 - 6 Step Rf forward , Recover on Lf
7 - 8 Step Rf back , Recover on Lf

NO TAG , NO RESTART

Last Updated - 24 Aug 2023