

Trauma

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Trauma - Aan Story & Elsyia



Section 1 : STEP BACK WITH SWEEP, STEP SIDE, CROSS ROCK RECOVER, STEP BACK, STEP SIDE, CROSS, WALK, PIVOT TURN 1/2 R WALK FORWARD LR (4.30)

- 1-2& Step RF back with sweep LF from front to back, Step LF behind RF, step RF to R
- 3-4& Cross rock LF over RF, recover onto RF, step LF to L
- 5-6& Cross RF over LF, walk LF forward, 1/2 pivot turn R (4.30), weigh on RF
- 7-8& Walk forward LRL (4.30) or walk forward LF, Step RF back turn 1/2 L, Step LF forward turn 1/2 L

Restart here after wall 3, Start at 6 o'clock

Section 2 : TURN 1/8 L NIGHT CLUB, 3/4 PIVOT TURN R, WALK FORWARD RL, WALK BACKWARD WITH SWEEP RLR,L

- 1-2& Turn 1/8 L Drag RF to R, Step LF behind RF, Cross RF over LF (3 o'clock)
- 3-4& Step back LF Pivot 1/4 turn R, continue 1/2 turn R, weigh on LF (12 o'clock) , Walk forward RL
- 5-6 Step RF back with sweep LF from front to back, step LF behind RF with sweep RF from front to back
- 7-8& Step RF behind LF, step LF back, step RF next to LF

Section 3 : LONG STEP TO LEFT, STEP TOGETHER, WALK DIAGONAL TO 1.30 o'clock, PIVOT 1/2, 1/2TURN LEFT, 1/2 TURN LEFT, HITCH

- 1 Long step on LF to left side
- 2&3 RF step together, LF step diagonal forward to 1.30 o'clock, RF step diagonal
- 4&5 LF step forward diagonal, 1/2 pivot turn, body weight on RF, LF step forward to 7.30 o'clock
- 6&7 1/2 turn to left RF back, 1/2 turn to left LF forward, step RF forward diagonal
- 8&1 LF step forward, hitch RF, and cross over 6 o'clock

Section 4 SIDE LEFT RECOVER CROSS, SIDE RIGHT RECOVER CROSS

- 2&3 LF step to left, recover on RF, LF cross over RF
- &4& RF step to right, recover on LF, RF cross over LF
- 5 long step to left on LF
- 6& RF step behind LF, recover on LF
- 7 – 8 step RF to right and sway to right, and to left

Tag 1 (happens after wall 1) : 2 Count

- 1-2 Sway RL

Tag 2 (happens after wall 5) : 4 count

Night Club RL

- 1-2& Drag RF to R, Step LF behind RF, Cross RF over LF
- 3-4& Drag LF to L, Step RF behind LF, Cross LF over RF

Bridge (happens after 16 Count at wall 4) : 2 Count

- 1-2 Sway LR
- 3&4 And the continue sec 3&4

Finish enjoy

