

Single Bound

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Single Bound - Paul Randy Mingo



Intro : Start after 16 counts when the vocal starts (0:11)

S1 STEP, FULL TURN LEFT, SCOOT STEP BACK, COASTER STEP, WALK R L

1,2 RF step forward, 1/2 turn left, (6:00)
3&4 RF brush forward, 1/2 turn left scoot RF up, step RF back (12:00)
5&6 LF step back, RF close to LF, LF step forward,
7,8 RF step forward, LF step forward

S2 CHASSE RIGHT, DIAGONAL WALKS BACK LF RF, 1/8 TURN & CHASSEE LEFT, DIAGONAL WALKS FORWARD RF LF

1&2 Step RF right, LF close to RF, step RF right
3,4 1/8 turn left LF step back, RF step back (10:30)
5&6 1/8 turn left LF step left, RF close to LF, step LF left (9:00)
7,8 1/8 turn left RF step forward, LF step forward (7:30)

***TAG 2 HAPPENS HERE DURING WALL 7 (6:00). THEN RESTART FROM S1.**

S3 1/8 TURN LEFT & CHASSE RIGHT, DIAGONAL WALKS BACK LF RF, 1/8 TURN LEFT, COASTER-STEP, WALK R L

&1&2 1/8 turn left RF step right, LF close to RF, RF step right (6:00)
3,4 1/8 turn left LF step back, RF step back (4:30)
5&6 1/8 turn left LF step back, RF close to LF, LF step forward (3:00)
7,8 RF step forward, LF step forward

S4 POINT RIGHT & LEFT & TOUCH FORWARD, FLICK, CROSS ROCK, SIDE ROCK

1&2 RF point to right side, RF close to LF, LF point to right side
&,3,4 LF close to RF, RF point forward, RF flick right
5,6 RF step diagonal left forward, recover on LF
7,8 RF rock right, recover on LF

S5 CROSS, SIDE, SAILOR STEP, CROSS, SIDE, BEHIND & CROSS

1,2 RF cross over LF, LF step left
3&4 RF step behind LF, LF step left, RF step right
5,6 LF cross over RF, RF step right
7&8 LF cross behind RF, RF step right, LF cross over RF

S6 KICK BALL CROSS (2x), JAZZ BOX 1/4 RIGHT

1&2 RF kick diagonal forward, step on ball of RF back, LF cross over RF
3&4 RF kick diagonal forward, step on ball of RF back, LF cross over RF
5,6 RF cross over LF, 1/4 right LF step back (6:00)
7,8 RF step right, LF step forward

S7 ROCK STEP FORWARD, SHUFFLE BACK, ROCK STEP BACK, STEP, SCUFF

1,2 RF step forward, recover on LF
3&4 RF step back, LF close to RF, RF step back
5,6 LF step back, recover on RF
7,8 LF step forward, RF scuff

S8 SIDE, BEHIND, 1/4 RIGHT, STEP 1/2 TURN RIGHT, 1/4 TURN RIGHT, BEHIND, SIDE (FIGURE OF EIGHT)

1,2	RF step right, LF step behind
3,4	¼ turn right RF step forward, LF step forward ½ turn right
5,6	step on RF, ¼ turn right step on LF
7,8	RF step behind LF, LF step left

TAG 1 4 COUNTS

STOMP UP 3x, HOLD

TAG 2 12 COUNTS

SLIDE RIGHT 4 COUNTS, SLIDE LEFT 4 COUNTS, R ROCKING CHAIR

TAG 1 HAPPENS AFTER WALL 4 (12:00) & TAG 2 HAPPENS DURING WALL 7 (6:00) AFTER 16 COUNTS, RESTART.
