

Trustfall

拍数: 32 墙数: 4 级数: Improver
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音乐: TRUSTFALL - P!nk : (iTunes and Amazon music)



STEP PIVOT, SHUFFLE ¼ TURN LEFT, SHUFFLE ¼ TURN LEFT TRAVELLING BACK, JAZZ JUMP OUT AND IN

1-2. Step R forward, pivot ½ turn L
3&4 Shuffle ½ turn L stepping R,L,R
5&6 Shuffle ¼ turn travelling back stepping L,R,L
&7 Step R out to R, step L out to L
&8. Step R in to centre, step L into centre

KICK BALL CROSS X 2. ROLLING VINE R, TOUCH

1&2 Kick R to R side, step R in place of L, cross L over R
3&4 Kick R to R side, step R in place of L, cross L over R
5-6 On the ball of R spin ½ R, on the ball of L spin ½ turn R
7-8 Step R to R, touch L beside R

ROLLING VINE L, TOUCH, LEFT SAILOR, RIGHT SAILOR,

1-2 On the ball of L spin ½ L, on the ball of R spin ½ L
3-4 Step L to L, touch R beside L
5&6 Cross R behind L, step L to L, step R to R
7&8 Cross L behind R, step R to R, step L to L

R SHUFFLE, L SHUFFLE, POINT SWITCHES R & L, POINT SWITCHES ¼ LEFT

1&2 Step R forward, close L beside R, step R forward
3&4 Step L forward, close R beside L, step L forward
5& Point R toe to R, step R beside L
6& Point L toe to L, step L beside R
7& Point R toe to R, on the ball of L ¼ turn L, step R beside L
8&. Point L toe to L, step L beside R (keeping weight on L)

TAG AT THE END OF WALL 6

STEP PIVOT X 2, POINT SWITCHES, HITCH

1-2 Step R forward, pivot ½ L
3-4 Step R forward, pivot ½ L
5& Point R toe to R, step R beside L
6& Point L toe to L, step L beside R
7 Point R toe to R,
8 Hitch R knee up (keeping weight on L)