

Toxic

拍数: 80 墙数: 4 级数: Phrased Improver
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音乐: Toxic - Britney Spears



Intro 32 Count

Sequences. AAA Tag B CC AA Tag B CC AA(8 Count) BB A

A. 32c

Section 1 : PRISSY WALK, OUT OUT, HIP ROLL

- 1 - 4. Step RF Cross Over LF (1), Hold (2), Step LF cross Over RF (3), Hold (4)
5 - 8. Step RF to R (5), Step LF to L (6), Roll hips anti clockwise from Left to right (7,8)

Section 2 : RF Back, Touch toe LF, LF Back, Touch toe RF, 1/4 Turn R Jazzbox

- 1 - 4 Step RF Back (1), Step touch toe LF (2), Step LF Back (3), Step touch toe RF
5 - 8. Step RF cross Over LF (1), 1/4 turn R stepping Back on LF (6), Step RF to Side (7), Step LF forward

Section 3 : GRAPEVINE WITH TOUCH, STOMP, HEEL TOE HEEL, TOUCH

- 1 - 4. Step RF to side (1), Step LF Behind RF (2), Step RF to side (3), Step LF touch next to RF(4)
5 - 8. Stomp LF to side (5), Step Heel RF into L (6), step toe RF into L (7), Step RF touch next to LF(8)

Section 4 : V STEP, PIVOT 1/2, PIVOT 1/4

- 1 - 4. Step RF diagonal forward (1), Step LF diagonal forward (2), Step RF back to center (3) Step LF back to centre (4)
5 - 8 Step RF forward (5), 1/2 turn L stepping on LF (6), Step RF forward (7), 1/4 turn L weight on LF (8)

B. 32c

Section 1 : 1/8 TURN L TOE STRUTS , ROCK FORWARD, KICK, BACK TOUCH

- 1 - 4. 1/8 turn L touching RF toe forward (facing 7.30) (1), drop Heel RF (2), touching LF toe(3), Drop Heel LF (4)
5. - 8. Step RF forward (5), Step kick LF forward (6), Step LF back (7), Step RF touch back(8) still facing 7.30

Section 2 : 3/8 Turn R, SAMBA R / L, ROCK FORWARD, RECOVER, ANCHOR STEP

- 1 & 2 3 3/8 Turn R stepping on RF facing on 12.00 (1), Step LF to L (&), Recover on RF (2)
3 & 4 Step LF cross Over RF (3), Step RF to R(&), Recover on LF (4)
5 6. Step RF forward (5), Recover on LF (6)
7 & 8 Step RF back (7), Recover on LF (&), Step RF in place (8)

Section 3 : BOX STEP

- 1 - 4. Step LF to side (1), Step RF next to LF (2), 1/4 turn L step RF to side facing 9.00(3), Step LF next to RF(4)
5 - 8. 1/4 Turn L step RF to side facing 6.00 (5), Step LF next to RF (6), 1/4 Turn L step RF to side facing 3.00 (7), Step LF touch next to RF

Section 4 : ROCK FORWARD, RECOVER, JAZZBOX

- 1 , 2 & Step LF Forward (1), Recover on RF (2), Step LF close next to LF (&)
3, 4 & Step RF forward (3), Recover on LF (4), Step RF close next to RF
5 6 7 8. Step LF Cross Over LF (5), Step RF back (6), Step LF to side (7), Step RF touch next to LF(8)

C. 16c

Section 1 VAUNDEVILLE R / L

1 - 4. Step RF cross Over LF (1), Step LF to side (2), Step RF heel touch (3), Drop Heel (4)

5 - 8. Step LF cross Over RF (5), Step RF to side (6), Step LF Heel touch (7), Drop Heel (8)

Section 2 ROCK FORWARD, RECOVER, BACK, HOLD, UNWIND

1 - 4. Step RF forward (1), Recover on LF (2), Step RF back (3), Hold (4)

5 - 8 Step LF touch Behind RF (5), 1/2 turn L Stepping on LF (6,7,8)

TAG 8 Count UNWIND 3/4 turn Left

1 - 8 Step RF cross Over LF than 3/4 turn left

Enjoy the dance

Contact person

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