

Dan

拍数: 64 墙数: 4 级数: Phrased Beginner
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音乐: Dan... - Sheila On 7



A

Section 1 : DIAGONAL FORWARD, DIAGONAL BACKWARD

- 1-2 Step Rf diagonal forward right, Touch L toe beside Rf
- 3-4 Step Lf diagonal forward left, Touch R toe beside Lf
- 5-6 Step Rf diagonal backward right, Touch L toe beside Rf
- 7-8 Step Lf diagonal backward left, Touch R toe beside Lf

Section 2 : GRAPEVINE R,L

- 1-4 R to side – L behind R – R to side – touch L beside R
- 5-8 L to side – R behind L – L to side – touch R beside L

Section 3 : FORWARD-SIDE TOUCH-FORWARD-SIDE TOUCH, 1/4 TURN R JAZZBOX

- 1-4 Step RF forward - Touch LF to side - Step LF forward - Touch RF to side
- 5-8 ¼ Turn R Cross RF over LF - Step LF back - Step RF to side - Close LF beside RF

Section 4 : SIDE TOUCH, FORWARD TOUCH, SIDE TOUCH, BACK TOUCH

- 1-2 Step RF to R side, Step touch on LF beside RF
- 3-4 Step RF forward, Step touch on LF beside RF
- 5-6 Step LF to L side. Step touch on RF beside LF
- 7-8 Step Back on LF, Step touch on RF beside LF

B

Section 1 : LINDY RIGHT, LEFT

- 1&2 Chasse to right on R-L-R
- 3-4 L rock behind R – recv on R
- 5&6 Chasse to left on L-R-L
- 7-8 R rock behind L – recv on L

Section 2 : KICK BALL, V-STEP

- 1&2 Kick Rf forward, Step Rf next to Lf (&) touch Lf to Lf side
- 3&4 Kick R forward, step RF next to LF (&) touch Lf to L side
- 5-8 Step Rf diagonal forward - Step Lf diagonal forward - Step Rf back to center - Touch Lf together

Section 3 : ROCK FORWARD, BACK SHUFFLE, ROCK BACKWARD, FORWARD SHUFFLE

- 1-2 RF forward rock, LF recover
- 3&4 RF back, LF next to RF(&), RF back
- 5-6 LF back rock, RF recover
- 7&8 LF forward, RF next to LF(&), LF forward

Section 4 : 1/4 MONTEREY TURN, ROCKING CHAIR

- 1-2 toe touch RF to side, 1/4 R and close RF next to LF
- 3-4 toe touch LF to side, close LF next to RF
- 5-6 rock RF fwd, recover on LF
- 7-8 rock LF fwd, recover on RF

