

No Second Chances

拍数: 40 墙数: 0 级数: Beginner
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音乐: This Life - Take That



Intro: 16 counts - No Tags or restarts

SEC 1 STEP, CLOSE, CROSS SHUFFLE (TWICE)

1-2 Step right on right, close left beside right
3&4 Cross right over left, step left on left, cross right over left
5-6 Step left on left, close right beside left
7&8 Cross left over right, step right on right, cross left over right

SEC 2 SIDE, BEHIND, SIDE (VINE R), TOUCH, SIDE, BEHIND, SIDE (VINE L), TOUCH

1-2-3-4 Step Right to Right, Step Left behind Right, Step Right to Right, Touch Left beside Right
5-6-7-8 Step Left to Left, Step Right behind Left, Step Left to Left, Touch Right beside Left

Sec 3 MAMBO TRIPLE STEP (TWICE)

1-2 Right mambo forward, recover on Left
3&4 Triple step in place stepping right, left, right
5-6 Left mambo back, recover on right
7&8 Triple step in place stepping left, right, left

Sec 4 V STEP, V STEP

1,2,3,4 Step Right fwd onto Right diagonal (45 deg), Step Left fwd onto Left diagonal (45 deg), Step Right back to centre, Step Left beside Right
5,6,7,8 Step Right fwd onto Right diagonal (45 deg), Step Left fwd onto Left diagonal (45 deg), Step Right back to centre, Step Left beside Right

Sec 5 SIDE TOUCH, SIDE TOUCH, JAZZBOX ¼ TURN

1,2,3,4 Step Right to Right side, touch Left beside Right, Step Left to Left side, touch Right beside Left,
5-6 Cross Right over Left, step back on Left
7-8 ¼ Right stepping Right to Right side, step Left next to Right