Linedance Season

拍数: 32

级数: High Beginner

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音乐: Training Season - Dua Lipa

Intro: 16 Counts	
(1-8) Side rock 1-2 3&4 5-6 7&8	with leg curl, shuffle to side, side rock with leg curl, shuffle to side Step r to side, lift left leg, rock in place with I, lift r knee up. step r to side, close I to r. step r to side step I to side lift right leg, rock in place with r lift I knee up. step I to side, close r to I, step I to side
1-4 5-8	2x, end facing 6:00 Jazz box step r. in front, rock I in place ¼ to left, 2x step r. across r., step I. back, step r. to the side, step I to the front Wall 3 & 6 after 16 counts
1-2 3-4 5-8	agonally to r, slide diagonally to I, rocking chair take a big step with r diagonally forward, close I to r without weight take a big step with I diagonally forward, close r to I without weight. step r forward, rock I in place, step r. backward, rock I in place Wall 12 after 24 counts
(25-32) Out-Ou &1-2 &3-4 5-8	t, Hold, In-In, Hold, step turn 2x with a full turn to the left Step R fwd to R diagonal. Step L fwd to L diagonal, Hold (clap) Step R back to center, Step L beside R, Hold (clap) step r in front, rock I in place ½ turn to the left, 2x (full turn)
Restarts: Wall 3 & 6 after 16 Counts Wall 12 after 24 Counts	
Note: You can add arms during rocks and step turns if you like.	
Enjoy!	





墙数:2