

This Word

拍数: 64 墙数: 1 级数: High Beginner Line / Contra
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音乐: Mess It Up - gio.



START after 8cts (After he says "4")
NO TAGS OR RESTARTS

S1 [1-8]: STEP-TAP (4X)

1-2, 3-4 R side step - L tap nxt to R, ¼ L turn onto L side step - R tap nxt to L (9:00)
5-6,7-8 R side step - L tap nxt to R, L side step - R tap nxt to L

S2 [9-16]: SIDE TOGETHER SIDE TOUCH w/CLAPS, L ROLLING VINE FULL TURN

1-2-3-4 R side step - L nxt to R w/ dbl clap - R side step - L touch nxt to R w/ single clap
5,6,7,8 ¼ L turn onto L, ¼ L turn onto R, ½ L turn onto L, R touch nxt to L

S3 [17-24]: 2 TOE STRUTS, 3 FWD WALKS, L HITCH w/ KNEE SLAP

1-2,3-4 R fwd toe - drop weight onto heel, L fwd toe - drop weight onto heel
5,6,7,8 walk fwd R - L - R, L knee up slap w/ R hand

S4 [25-32]: L SLIDE, V STEP

1-2,3-4 ¼ L turn into L slide, R nxt to L (6:00)
5,6,7,8 R fwd diagonal - L fwd diagonal - R back ctr - L back ctr nxt to R

S5 [33-40]: 2 CROSS- UNTWIST TURNS

1-2,3-4,5-6,7-8 R cross over L, ½ L untwist turn (12:00), repeat 1-4 ending at (6:00)

S6 [41-48]: 2 MAMBOS

1-2,3-4 R fwd - recover weight on L - R nxt to L
5-6,7-8 L side step - ¼ R turn recovering weight on R - L nxt to R (9:00)

S7 [49-56]: Repeat MAMBO section S6 ending at (12:00)

S8 [57-64]: 2 HEEL-CROSS TOE TAP SWITCHES

1-2,3-4 R fwd heel - R nxt to L, L cross toe tap over R - L nxt to R
5-6,7-8 repeat 1-4

"May you enjoy & let a word from the song speak to your soul!" ~ Tatiana

Dance Created 04/20/24 Stepsheet created by Annemarie Dunn 05/19/24 - wordinmotionap2g@yahoo.com