

Dream Work

拍数: 32 墙数: 4 级数: Improver
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音乐: I Had Some Help (feat. Morgan Wallen) - Post Malone



Intro is 32 counts – Starts with right foot, weight on left

[1-8] Rocking Chair, Stomp, Hold, Behind-Side-Cross

1-4 RF rock forward, recover on LF, RF rock back, recover on LF
5-6 RF stomp to the side, hold count 6
7-8 LF step behind right, RF step to the side, LF cross in front of right.

[9-16] Rock Recover, Sailor Step, Tap Hip bump L and R

1-2 RF rock to the side, recover left with a ¼ turn to the right
3-4 RF sailor step (end towards next wall)
5-6 LF tap with hip bump, LF replace next to right
7-8 RF tap with hip bump, RF taps next to left

RESTART 16 counts into Wall 4 (but you will be facing Wall 5)

[17-24] Lindy Right, Lindy Left

1-4 RF side cha-cha, LF rock back, recover on right
5-6 LF side cha-chas, RF rock back, recover on left

[25-32] Rock Recover Switch, Knee Pops Back

1-2 RF rock forward, recover on left
& quick switch (replace) for left foot
3-4 LF rock forward, recover on right
& 5 LF steps back, pop right knee
& 6 RF steps back, pop left knee
& 7 LF steps back, pop right knee
& 8 RF steps back, pop right knee
& 1 – to restart next wall, quick switch giddy up to start with right foot

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