

This Town

拍数: 32 墙数: 4 级数: Beginner
编舞者: Conny van Dongen (NL) - August 2024
音乐: This Town (feat. Ladysmith Black Mambazo) - Jeremy Loops



(S1) HEEL SWITCHES, CROSS, SIDE (X2)

1&2& RF touch heel forw., RF together, LF touch heel forw., LF together
3&4 RF touch heel forw., RF together, LF cross, RF side step
5&6& LF touch heel forw., LF together, RF touch heel forw., RF together
7&8 LF touch heel forw., LF together, RF cross, LF side step

(S2) 1/2 TURN LEFT, SIDE STEP, TOUCH TOGETHER, SIDE STEP, TOUCH TOGETHER

1&2& RF 1/8 turn L side step, LF kick behind RF, LF 1/8 turn L side step, RF kick behind LF
3&4& RF 1/8 turn L side step, RF kick behind LF, LF 1/8 turn L side step, RF kick behind LF
5-6 RF side step, LF touch beside RF
7-8 LF side step, RF touch beside LF

(S3) OUT-OUT-IN-IN (2X)

1-2 RF step diag. R forw., LF step diag L forw. (wiggle hands high right to left)
3-4 RF step back centre, LF step together (wiggle hands low alongside body)
5-8 repeat count 1-4 of this section

(S4) STEP FORW., TOUCH BEHIND, STEP BACK, TOUCH TOGETHER, WALK 1/4 TURN L

1-2 RF step forw. (upper body bending forw.), LF touch behind RF
3-4 LF step back (standing up straight), RF touch beside LF
5-8 1/4 turn L walking R-L-R-L (shimmy shoulders)

RESTART: Wall 4 and 6

Dance up until count 8 of S2 and start over!! (facing 3.00 and 12.00)

Have fun!!

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