

Ruined Me

拍数: 16 墙数: 2 级数: Improver - Rolling 8 Count
编舞者: Peter Jones (UK) & Anna Jones (UK) - August 2024
音乐: Ruined Me - Muni Long : (Album: Revenge.)



Starts 4 seconds In

S1. Side, Behind, Side, Cross, Side, Hitch, Side, Behind, ¼ Turn, Walk R, L, R, Forward Mambo, Back, Drag.

1-2&a Step R To R Side, Step L Behind, Step R To R Side, Cross L Over R.
3-4&a Step R To R Diagonal Hitching L Knee, Step L To L Side, Step R Behind L, Turn ¼ L
 Stepping Forward On L. (9:00)
5-6-7 Walk Forward R, L, R.
8&a1 Rock Forward On L, Recover On R, Step Back On L, Step Back On R Dragging L To R.

Restart Here On Wall 5 (9:00) On count 5, Step R To R Side To Restart.

S2. Coaster Step, Step, ½ Turn, ¼ Turn, Cross, Side Rock, Cross, Scissor Cross.

2&a3 Step Back On L, Step R Next To L, Step Forward On L, Step Forward On R.
4&a5 Turn ½ R Stepping Back On L, Turn ¼ R Stepping R To R Side, Cross L Over R, Rock R To
 R Side.
6-7 Recover On L, Cross R Over L.
8&a Step L To L Side, Step R Next To L, Cross L Over R..

Note; On Wall 5 The Dance Changes From A 12:00 – 6:00 To A 9:00 – 3:00 Direction.