

Dance 101

拍数: 32 墙数: 4 级数: Advanced
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音乐: Dance 101 - UpsideDown



Intro: 16 Counts, Start at approx 8 secs

SEC 1 Step, Touch, Side, 1/8 Sailor Step, Jumping Back Rock, Step, Heel Twist, Back Slide

1&2 Step right forward to right diagonal, touch left beside right, step left to left
3&4 Step right behind left, step left to left, turn 1/8 right step right forward (1:30)
5& Jump back on to left, step right forward
6&7 Step left forward, twist both heels to left, twist both feet to centre weight on right
8 Step left back sliding right past left

SEC 2 3/8 Weave, 1/2 Reverse Kick Ball Step, Step 1/2 Bounce Heels

1&2 Step right back, turn 3/8 left step left forward, step right forward (9:00)
3&4 Turn 1/2 right kick left back, step left back, step right forward (3:00)
5 Step left forward
6-7-8 Turn 1/2 right bouncing both heels x3 (9:00)

SEC 3 Jumping Back Rock, Step, Step, 1/2 Pivot, 1/4 Side, Sailor Step, Behind, Side, Twist Heel Toe

&1-2 Jump back on to left, step right forward, step left forward
3&4 Step right forward, pivot 1/2 left transferring weight on to left, turn 1/4 left step right to right (12:00)
5&6 Step left behind right, step right to right, step left to left
7&8 Step right behind left, step left to left, twist right heel to left, twist right toes to left

SEC 4 Samba Step, 1/4 Cross Shuffle, Heel Grind, Together, Rock Hitch & Hitch

1&2 Cross right over left, rock left to left, recover weight onto right
3&4 Cross left over right, step right beside left, turn 1/4 right step left forward (3:00)
5&6 Touch right heel forward grinding right heel, step left back, step right beside left
&7 Rock left forward, recover weight onto right hitching left knee
8 Step left beside right hitching right knee
