

Castaways

拍数: 136 墙数: 2 级数: Phrased Improver
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音乐: Castaways - Milow & Florence Arman



Sequenz: A B A B C B

[A: 48c]

[1-8] 2 (Paddleturn $\frac{1}{4}$ left), Rock f/Rec, Rock b/Touch

1-4 R touch forw, L turn $\frac{1}{4}$ left, R touch forw, L turn $\frac{1}{4}$ left

5-8 R rock forw, L rec, R rock back, L touch beside R

[9-16] 2 (Paddleturn $\frac{1}{4}$ right), Rock f/Rec, Rock b/Touch

1-4 L touch forw, R turn $\frac{1}{4}$ right, L touch forw, R turn $\frac{1}{4}$ right

5-8 L rock forw, R rec, L rock back, R touch beside R

[17-24] Step side, Chasse right, CrossRock, Chasse left,

1,2,3&4 R step right, L close, R step right, L close, R step right

5,6,7&8 L cross forw, R rec, L step left, R close, L step left

[25-32] 2 (Quick-Paddleturn $\frac{1}{8}$ l), Rocking Chair, Rock Step/Rec

1&2&3,4 R touch forw, L turn $\frac{1}{8}$ left, R touch forw, L turn $\frac{1}{8}$ left, R Rock forw, L rec

5- 8 R rock back, L rec, R close to L, L rec

[33-40] 2 (Nightclub Basic)

1,2-3,4 R long step right, L drag slowly + close to R, R cross over L

5,6-7,8 L long step left, R drag slowly + close to L, L cross over R

[41-48] 2 (Mambo Step), Jazz box

1&2,3&4 R step forw, L rec, R close, L step back, R rec, L close

5&6,7&8 R cross over L, L step back, R step right, L step forw,

[B: 52c]

[1-8] Rock forw, Shuffle back, Rock back, Shuffle forw

1,2,3&4 R step forw, L rec, R step back, L cross over R, R step back

5,6,7&8 L step back, R rec, L step forw, R cross behind L, L step forw

[9-16] Out/out, In/In, Stepturn $\frac{1}{4}$ left, Stepturn $\frac{1}{2}$ left

1-4 R step diagn right forw, L step diagn left forw, R step diagn back, L close to R

5-8 R Step forw, turn $\frac{1}{4}$ left, R step forw, turn $\frac{1}{2}$ left

[17-24] Rock forw, Shuffle back, Rock back, Shuffle forw

1,2,3&4 R step forw, L rec, R step back, L cross over R, R step back

5,6,7&8 L step back, R rec, L step forw, R cross behind L, L step forw

[25-32] Out/out, In/In, Stepturn $\frac{1}{4}$ left, Stepturn $\frac{1}{2}$ left

1-4 R step diagn right forw, L step diagn left forw, R step diagn back, L close to R

5-8 R Step forw, turn $\frac{1}{4}$ left, R step forw, turn $\frac{1}{2}$ left

[33-40] Double-Jazz Triangle,

1-4 R cross over L, L step back, R step side, L close,

5-8 R step forw, L cross over R, R step back, L close

[41-52] 2 (StepTurn $\frac{1}{2}$ left), Double-JazzTriangle

1-4 R step forw, L turn ½ left, R step forw, L turn ½ left
5-8 R cross over Left, L step back, R step right, L close _____! in round 2 continue with C
9-12 R step forw, L cross over R, R Step back, L close

[C: 36c]

[1-8] 2 Nightclub basic

1,2-3,4 R long step right, L drag slowly to R + close, R cross over L,
5,6-7,8 L long step left, R drag slowly to L + close, L cross over R,

[9-18] ½ Diamond, Rockstep

1-4 R step right, hold, turn ⅛ left-L step back, R step back,
5-8 turn ⅛ left-L step side, hold, turn ⅛ left-R step forw, L step forw
9-10 R rock forw, L recover

[19-26] 2 Nightclub basic

1,2-3,4 R long step right, L drag slowly to R + L close, R cross over L,
5,6-7,8 L long step left, R drag slowly to L + R close, L cross over R,

[27-36] ½ Diamond, Rockstep

1-4 R step right, hold, turn ⅛ left-L step back, R step back,
5-8 turn ⅛ left-L step side, hold, turn ⅛ left-R step forw, L step forw
9-10 R rock forw, L recover

have fun ☺

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