

Household

拍数: 32 墙数: 4 级数: High Beginner
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音乐: Household - Lauren Alaina : (iTunes)



One restart in wall 3.. after 8 counts, after start again.

Intro: 16 counts, start approx. 12 sec.

S1. [1-8] R Side, L Syncopated Rock Back, L Step Hitch Step ¼ Left, L Step Swivel, L Coaster Step.

1,2& RF step right (1), LF rock back (2), RF recover (&).
3&4 LF step fwd ¼ left (9.00) hitch R knee up (3&), RF step back in place (4).
5&6 LF step fwd (5), Swivel both heels fwd (&), Swivel both heels centre taking weight onto RF (6).
7&8 LF step back (7), RF step beside LF (&), LF step fwd (8).

(NB Restart here in wall 3 after 8 counts, after start again).

S2. [9-16] R Half Syncopated Rumba Back, L Half Syncopated Rumba Box Back, R Back Mambo Side ¼ Left, Weave Right.

1&2 RF step right (1), LF step beside RF (&), RF step back (2).
3&4 LF step left (3), RF step beside LF (&), LF step back (4).
5&6 RF mambo back (5), LF recover (&), RF step right ¼ left (6.00) (6).
7&8 LF step behind RF (7), RF step right (&), LF step across RF (8).

S3. [17-24] R Side Jump, L Step ¼ Left, R Step Lock Step Fwd, L Mambo Step Fwd, Runs Back R, L, R.

&1,2 RF small jump right (&), LF touch beside RF (1), LF step slightly fwd ¼ left (3.00) (2).
3&4 RF step fwd (3), LF lock behind RF (&), RF step fwd (4).
5&6 LF mambo fwd (5), RF recover (&), LF step slightly back (6).
7&8 RF stepping back (7), LF stepping back (&), RF stepping back (8).

S4. [25-32] L Back Mambo Side ¼ Right, R Back Mambo, Together, 3x Scoots Right, L Back with R Heel Grind ¼ Right, Together.

1&2 LF mambo back (1), RF recover (&), LF step left ¼ left (6.00) (2).
3&4 RF mambo back (3), LF recover (&), RF step beside LF (4).
5&6 3 x with both feet jump right (scoots) (5&6).
7,8 LF step back and grind right heel ¼ right (9.00) (7), RF step beside LF weight onto LF (8).

REPEAT THE DANCE AND HAVE FUN!!