Last Minute



拍数: 0 墙数: 2 级数: Intermediate/Advanced

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音乐: Can't Fight the Moonlight (Latino Mix) - LeAnn Rimes



Sequence: AB, X, AB, Y, AB, BBB

PART A

ROCK STEP, SHUFFLE WITH 1/4 TURN, ROCK STEP, LOCK STEP

1-2 Right foot rock in front of left foot, replace weight on left foot

3&4 Turn ¼ turn to right side shuffle forward

5-6 Left foot rock forward, replace weight on right foot

7&8 Left lock step back

RONDE, LOCK STEP, ½ TURN, CLEOPATRA ARM MOVEMENTS

1-2 Right foot ronde with ½ turn to the right ending with the right toe pointed directly in front of left

foot

3&4 Right lock step forward

5-6 Left foot step forward, ½ turn to the right, weight is on left foot

7&8 On ball of right foot, right heel in, out, in

Arm movements: both arms go up on left and right side over the shoulder, the flat from the hands looks up on 7 (right arm higher), on & (left arm higher), on 8 (right arm higher)

STEP, ROCK STEP, CROSS STEP, ROCK STEP, SAILOR STEP, CROSS ¾ TURN

1&2 Right foot step forward, left foot rock to the left, replace on right foot

Left foot step in front of right foot, right foot rock to the right, replace weight on left foot

Right foot step behind left foot, left foot step to the left, right foot forward with ¼ turn to the

right

7-8 Left foot cross behind right foot, ¾ turn to the left

TOUCH, STEP, TOUCH, STEP, STEP 1/4 TURN WITH SHOULDER MOVEMENTS, CROSS, SIDE, FORWARD

1-2 Right toe touch forward, right foot step forward3-4 Left toe touch forward, left foot step forward

5 On ball of left foot a ¼ turn to the left, right foot step to right side and right shoulder up

6 Replace weight on left foot and left shoulder up

7&8 Right foot step behind left foot, left foot step to the left, right foot step forward

STEP, ½ TURN WITH KICK, COASTER STEP, TOUCH & TOUCH, ARM MOVEMENTS

1-2	Left foot step forward, ½ turn to the right and kick with right foot forward
3&4	Right foot step back, left foot step back next to right foot, right foot step forward
5&6	Left foot touch to left side, left foot next to right foot, right foot touch to right side

7 Right arm in a left half circle to the top

& Right arm in a right half circle to the right leg and left arm in a left half circle to the top

8 Turn ¼ turn to the right an left arm in a right half circle to the right leg

ROCK STEP, ½ TURN SHUFFLE, ROCK STEP, LOCK STEP

1-2	Right foot rock back, replace weight on left foot
3&4	Right shuffle forward with ½ turn to the left
5-6	Left foot rock back, replace weight on right foot

7&8 Left lock step forward

KNEE IN, STEP, KNEE IN, STEP, PUSH TURN, STEP, SLIDE

1-2 Right knee in, right foot step forward3-4 Left knee in, left foot step forward

5 On left foot ¼ turn to the left, right foot touch to right side

& On left foot ½ to the leftRight foot touch to right side

7-8 Right foot big step to right side, left foot slide next to right foot (weight is on left foot)

PART B

SAILOR STEP, TOUCH, KICK, SPIRAL TURN, SHUFFLE

1& Right foot step behind left foot, left foot step to the left

Arm movements: right arm go over the head to the left side and slide behind at the neck to the right

2 Right foot step in place

Arm movements: both arms outside at the hips on right and left side

3-4 Left foot touch next to right foot, left foot kick diagonal to the left forward

5-6 Left foot cross in front of right foot, full turn to the right

7&8 Left shuffle to the left

ROCK STEP, KICK OUT OUT, ARM MOVEMENTS

1-2 Right foot rock back, replace weight on left foot

Right foot kick forward, right foot small step to the right, left foot small step to the left

5-6 Right arm to the left diagonal up, left arm to the right diagonal up

7-8 Both arms push down in front of breast, right & left arm in a ¼ turn angle to the side, parallel

with your body

SAILOR STEP WITH 1/4 TURN, LOCK STEP, ROCK STEP, TURN, TURN, TURN

1&2 Right foot step behind left foot, left foot step to the left, right foot step forward with ¼ turn to

the right

3&4 Left lock step forward

5-6 Right foot rock forward, replace weight on left foot

7&8 Right foot step forward with ½ turn right, left foot step back with ½ turn right, right foot step

forward with ½ turn right

ROCK STEP, STEP SLIDE WITH 1/4 TURN, KICK & TOUCH & KICK & TOUCH

1-2 Left foot rock forward, replace weight on right foot

3-4 Left foot big step back with ¼ turn to the left, right foot slide next to left foot

&5 Right foot step back, left foot kick forward

Left foot step back in place, touch right foot next to left foot

&7&8 Repeat &5&6

PART X

STEP, TOUCH, STEP, TOUCH, SHOULDER MOVEMENTS, RONDE

1-2 Right foot step to the right, left foot touch in front of right foot and snap with right fingers on 2
3-4 Left foot step to the left, right foot touch behind left foot and snap with right fingers on 4

5-6 Right foot step to the right, weight on right foot an right shoulder up

7&8 Weight on left foot and left shoulder up, weight on right foot and right shoulder up, weight on

left foot an left shoulder up

9-12 Full turn ronde with right foot to the left, at (12) right foot touch next to left foot

PART Y

SYNCOPATED WEAVE, KNEE IN, KICK, SAILOR STEP

1&	Right foot step to right side, left foot step behind right foot
2&	Right foot step to right side, left foot step in front of right foot

Right foot step to right side, left foot step behind right foot, right foot step to right side

5-6 Left knee in, left foot kick diagonal forward to the left

STEP, TOUCH, STEP, TOUCH, SHOULDER MOVEMENTS, RONDE

1-12 Repeat Part X