

Latin Groove

拍数: 32 墙数: 4 级数:
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音乐: Jazz Machine - Black Machine



SIDE, TOGETHER, FORWARD, TRIPLE STEP, SIDE ROCK, REPLACE

- 1 Touch right foot to right side
- 2 Slide right foot next to left foot taking weight on to right foot
- 3 Step forward with left foot
- 4&5 Step forward with right foot; lock (step) left foot behind and to right of right foot; step right foot forward
- 6 Rock (step) left foot to left side
- 7 Replace (shift) weight on to right foot

CROSS, BALL, STEP, STEP, PIVOT

- 8&9 Cross left foot over and in front of right foot, stepping weight on to ball of left foot; step slightly back on ball of right foot (use this as a power step to push the body forward); step forward with left foot
- 10 Step right foot forward
- 11 Pivot $\frac{1}{2}$ turn left (weight on left)

SIDE AND CROSS, KNEE ROLL LEFT, KNEE ROLL RIGHT, BACK, TOUCH

- 12&13 Step to right side onto ball of right foot; shift weight to left foot; cross right foot in front of left foot
- 14-15 Touch left toe forward and at a 45 degree angle left, while circling (rotating) the knee to the left; circle left knee to the left again, ending with weight on left foot
- 16-17 While keeping weight on the left foot, repeat counts 14-15 with rotations to the right (no weight change-weight stays on left foot)
- 18 Step back on right foot
- 19 Touch left toe slightly ahead, but to the left of the right foot

TRIPLE STEP, STEP, TURN $\frac{1}{2}$, AND BUMP AND BUMP

- 20&21 Step forward with left foot; lock (step) right foot behind and to left of left foot; step left foot forward
- 22 Step forward with right foot
- 23 Make a $\frac{1}{2}$ turn to left, keeping weight on right foot
- &24 Keeping weight on right foot, shift hips forward; shift hips back
- &25 Repeat counts &24

KICK, CROSS, BACK, TOGETHER, TOUCH

- 26& Kick left foot forward; cross (step) left foot over and in front of right foot
- 27& Step right foot back slightly; step left foot next to right foot (weight on left foot)
- 28 Touch right foot forward (weight is still on left)

$\frac{1}{4}$ TURN LEFT, RIGHT, LEFT, TOGETHER

- 29 With weight remaining on left foot and right toe pointed forward, make a $\frac{1}{4}$ turn to left (right toe will now be out to right side)
- 30 Shift weight to a bent right leg
- 31 Shift weight to a bent left leg
- 32 Shift weight to right leg, bringing left foot next to right foot with weight ending on left foot

REPEAT

