

拍数: 0 墙数: 4 级数: Intermediate
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音乐: La Dolce Vita - After Dark



Sequence: AA, BB, AA, BB, A, BB, C

PART A

POINT, POINT, COASTER STEP TWICE

1-2 Point right toe forward, point right toe to right side
3&4 Step back on right foot, close left beside right, step right foot forward
5-6 Point left toe forward, point left toe to left side
7&8 Step back on left foot, close right beside left, step left foot forward

ROCK FORWARD, ROCK BACK, SIDE ROCK, CROSS SHUFFLE

1-2 Rock forward on right foot, recover
3-4 Rock back on right foot, recover
5-6 Rock right foot to right side, recover
7&8 Cross right foot over left, step left foot to left side, cross right foot over left

ROCK LEFT, CROSS SHUFFLE, SIDE, CROSS, SIDE, CROSS

1-2 Rock left foot to left side, recover
3&4 Cross left foot over right, step right foot to right side, cross left foot over right
5-6 Step to the right and twist body to the left, cross left over right and twist body to the right
7-8 Step to the right and twist body to the left, cross left over right and twist body to the right

Steps 5-8 is done on balls of feet

¼ TURN LEFT, KICK, COASTER STEP, SHUFFLE, SHUFFLE

1-2 On left foot turn ¼ left and step back on right foot, kick left foot forward
3&4 Step back on left foot, close right beside left, step left foot forward
5&6 Step right foot forward, close left behind right, step right forward
7&8 Step left foot forward, close right behind left, step left foot forward

PART B

FULL TURN RIGHT, CLAP, FULL TURN LEFT, CLAP

1-3 Step ¼ to the right, step ¼ to the right, pivot half turn right
4 Touch left next to right, clap
5-7 Step ¼ to the left, step ¼ to the left, pivot half turn left
8 Touch right next to left, clap

KICK BALL CROSS, SWAY X4, KICK BALL CROSS

1&2 Kick right foot forward, step right next to left, cross left over right
3-4 Step/sway to the right, sway left
5-6 Sway right, sway left
7&8 Kick right foot forward, step right next to left, cross left over right

POINT CROSS, POINT, CROSS, ¼ TURN JAZZ BOX

1-2 Point right foot to the right, cross right over left
3-4 Point left foot to the left, cross left over right
5-6 Cross right foot over left, step back on left foot
7-8 Step ¼ to the right, step forward on left foot

POINT CROSS, POINT, CROSS, ¼ TURN JAZZ BOX

- 1-2 Point right foot to the right, cross right over left
- 3-4 Point left foot to the right, cross left over right
- 5-6 Cross right foot over left, step back on left foot
- 7-8 Step ¼ to the right, step forward on left foot

PART C

POINT, HOLD, CROSS, HOLD, UNWIND ¾, OUT, OUT

- 1-2 Point right toe to right side, hold
 - 3-4 Cross right foot over left, hold
 - 5-6 Unwind ¾ to the left
 - &7-8 Step out with right foot, step out with left foot, hold
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