

Lethargic

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Still In Love With You - Travis Tritt



- 1&2 Touch right toe to the side, step back on right, cross left over right
3&4 Touch right toe to the side, step back on right, cross left over right
5&6 Touch right toe to the side, step right beside left, touch left toe to the side
7-8 Touch left toe to the front, touch left toe to the side
- 1&2 Step back onto left, step right beside left, step forward on left
3-4 Step forward onto right, rock back on left
5&6 Step back on right, cross left over right, step back on right
7&8 Step back on left, cross right over left, step back on left
- 1-2 Step back on right (weight on left), pivot on left (turning ¼ turn right)
3&4 Step back on right, step left beside right, step forward on right
5-6 Step back on left, turning ¼ turn left, twist both heels to the right
7&8 Twist both heels left-right-left
- 1-4 Step right to the side, stepping left-right-left, turn 1 ½ turns right, ie: (3x½ turn)
5-6 Cross right behind left, rock onto left
7-8 Step right to the side, cross left behind right (turning ½ turn left)
- 1&2 Cross right over left, step left to the side, rock onto right
3&4 Cross left over right, step right to the side, rock onto left
5&6 Step forward onto right, rock back onto left, turning ½ turn right, step back onto right
7&8 Shuffle forward left-right-left
- 1&2 Kick right forward, step back on right, step forward on left
3&4 Kick right forward, step back on right, step forward on left
5-6- Step right forward, rock back onto left
7&8 Shuffle forward stepping right-left-right
- 1-2 Walk back stepping left-right
3&4 Step back on left, step right beside left, step forward on left
1-2 Touch right toe to the side, hold
&3-4 Step right beside left, touch left to the side, hold
- &1-2 Step back on left, step forward on right, rock back on left
3&4 Stepping right-left-right, turn ½ turn right
5-6 Step forward on left, rock back onto right
7&8 Stepping left-right-left, turn ½ turn left

REPEAT

RESTARTS

On wall 3, (facing front wall) after 32 counts you restart
On wall 5, (facing front wall) after 32 counts you restart

FINISH

After 16th count of the last wall you step back on right, pivot ½ turn right, step back on right, tap left toe across right
