

Load Me Up

拍数: 32 墙数: 4 级数: Improver two step
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音乐: Load Me Up - The Cruzeros



TRIPLE TURN FORWARD FULL TURN RIGHT

1&2 Step right forward, step left beside right, step right forward
3&4 Pivot ½ turn right stepping left foot back, step right beside left, step left back
5&6 Pivot ½ turn right stepping right foot forward, step left beside right, step right forward
7-8 Step left forward, touch right beside left

CHASSE RIGHT, ¼ TURN RIGHT, PIVOT ½ TURN RIGHT

1&2 Step right to right, step left to right, step right to right
&3&4 Step left to right, step right to right, step left to right, step right ¼ turn right
5-6 Step forward left pivot ½ turn right, step forward right
7-8 Rock forward left, recover right

BACK CROSS, TRIPLE ½ TURN RIGHT, FORWARD TRIPLE LEFT, STEP RIGHT, STEP LEFT

1&2 Step back left, step right across front of left, step back left
3&4 Step right 1/8 turn right, step left 1/8 turn beside right, step right 1/8 turn right
5&6 Step left forward, step right beside left, step left forward
7-8 Step right forward, step left beside right

HEEL LIFTS, BACK RIGHT/LEFT, DWIGHTS, SLIDE/STEP

1&2& Touch right heel front, lift right heel across left shin, touch right heel front, lift right heel to right side (flick)
3-4 Step back right, step back left
5&6& Right toe to right side, right heel to right side, right toe to right side, place weight on right
7-8 Slide left to right, step down on left

REPEAT
