

The Locomotion

拍数: 32 墙数: 4 级数: Beginner
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音乐: Locomotion - Scooter Lee



[1-8] R ROCKING CHAIR, ROCK FORWARD, RECOVER, COASTER STEP (or TRIPLE IN PLACE)

1-4 Rock R forward (1); Recover on L (2); Rock R back (3); Recover on L (4)
5-6 Rock R forward (5); Recover on L (6)
7&8 Step R back (7); Step L beside R (&); Step R forward (8)

Note: As an easier option for 7&8, do a triple step in place R,L,R

[9-16] L ROCKING CHAIR, ROCK FORWARD, RECOVER, COASTER STEP (or TRIPLE IN PLACE)

1-4 Rock L forward (1); Recover on R (2); Rock L back (3); Recover on R (4)
5-6 Rock L forward (5); Recover on R (6)
7&8 Step L back (7); Step R beside L (&); Step L forward (8)

Note: As an easier option for 7&8, do a triple step in place L,R,L

[17-24] VINE RIGHT, TOUCH, VINE LEFT, ¼ TURN LEFT, TOUCH

1-4 Step R to right (1); Step L behind R (2); Step R to right (3); Touch L beside R (4)
5-8 Step L to left (5); Step R behind L (6); Turn 1/4 left stepping L forward (7); Touch R beside L (8) (9:00)

[25-32] VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-4 Step R to right (1); Step L behind R (2); Step R to right (3); Touch L beside R (4)
5-8 Step L to left (5); Step R behind L (6); Step L to left (7); Touch R beside L (8)

REPEAT

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