

Mad 4 It

拍数: 40 墙数: 4 级数: Improver
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音乐: Reach - S Club 7



RIGHT GRAPEVINE, SIDE CLAP, SIDE CLAP

1-2 Step right to side, cross left behind right
3-4 Step right to side, cross left over right
5-6 Step right to side, touch left beside right (clap hands)
7-8 Step left to side, touch right beside left (clap hands)

TOE STRUTS, JAZZ BOX ¼ TURN SCUFF LEFT

9-10 Step ball of right over left, place right heel down
11-12 Step ball of left to left side, place left heel down
13-14 Step right over left, step back left
15-16 Step right ¼ turn right, scuff left heel forward

STEP LOCK STEP SCUFF, STEP LOCK STEP SCUFF

17-18 Step forward left, lock right behind left
19-20 Step forward left, scuff right beside left
21-22 Step forward right, lock left behind right
23-24 Step forward right, scuff left beside right

ROCK STEP, ½ TURN, ½ TURN

25-26 Rock left forward, rock back on to right
27-28 Step back on left, clap hands
29-30 Step right ½ turn right, clap hands
31-32 Turn ½ right stepping left back, clap

BACK ROCK STEP, SIDE ROCK STEP, POINT, FLICK

33-35 Rock right back, step forward on left, step forward right
36-38 Rock left to left side, rock weight back on to right, step left over right
39-40 Point right toe to right side, flick right behind left leg

REPEAT

On counts 25-32 execute claps and add in hand pumps after the word "reach"

25-26 Push arms out in front, bring them back in
27-28 Push arms up on count 28
29 Bring them back in place
30 Push arms up
31 Bring them back in place
32 Push arms up
