

Motivated

拍数: 40 墙数: 4 级数: Improver
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音乐: This Kiss - Superstarz



RIGHT VINE-TOUCH-SYNCOPATED ROCK STEPS-STEP ½ TURN

- 1-4 Step right foot to right side, step left foot behind right, step right foot to right side, touch left toe beside right
- 5&6& Step left foot forward rocking weight forward onto left, rock weight back onto right foot, step left foot back rocking weight onto left, rock weight forward onto right foot
- 7-8 Step left foot forward, pivot ½ turn over right shoulder

Styling tip: on counts 5&, swing both your arms around and forward. On counts 6&, swing both your arms around and back.

LEFT SHUFFLE-STEP-TOUCH-LEFT SHUFFLE-STEP-TOUCH

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

STEP-TOUCH-& HEEL-& TOUCH-STOMP TWICE

- 1-2 Step left foot forward, touch right toe beside left
- &3&4 Jump your right foot back, touch left heel forward, jump left foot back to center, touch right toe beside left
- 5-6 Step right foot forward, pivot ½ a turn over left shoulder
- 7-8 Stomp right foot slightly forward, stomp left foot slightly forward

KICK-BALL-FORWARD TWICE-SAILOR STEPS TWICE

- 1&2 Kick right foot forward, step right beside left, step left foot forward
- 3&4 Kick right foot forward, step right beside left, step left foot forward
- 5&6 Step right behind left, step left foot to left side rocking weight onto left, step right foot to right side rocking weight onto right foot
- 7&8 Step left behind right, step right foot to right side rocking weight onto right, step left foot to left side rocking weight onto left foot

Styling tip: on counts 5&6, move your arms downward in a skiing motion. On counts 7&8, move your arms downward in a skiing motion.

KICK-BALL-BACK TWICE-STEP ½ TURN-¼ TOUCH-CLAP TWICE

- 1&2 Kick right foot forward, step right foot back, step left beside right
- 3&4 Kick right foot forward, step right foot back, step left beside right
- 5-6 Step right foot forward, pivot ½ a turn over left shoulder
- 7&8 Turn a ¼ left touching right toe beside left, clap hands twice

REPEAT
