

Musical Memory

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Phonographic Memory - Daron Norwood



- &1-2 Jump/step right to right, jump/step left to left, hold
3-4 Bump right heel to ground, bump left heel to ground (make it a definite heel bump)
5 Step right foot forward with toes pointed in
6 Turn right foot outwards keeping heel in place
7-8 Turn right heel outwards, turn right heel inwards
- 9-10 Twist both heels out, in
11-12 Repeat above heel twists out, in
13-14 Rock/step back on right, rock forward on left
15&16 Shuffle forward right, left, right
- 17-28-19-20 Left heel strut forward, step forward on right, pivot ½ turn left transferring weight to left
21-22-23-24 Right heel strut forward, step forward on left, pivot ½ turn right transferring weight to right
- 25-26 Rock/step forward on left, rock back on right
27-28 Step back on left, lock right across in front of left
29-30 Step back on left, make ½ turn right on ball of left and step forward on right
31&32 Step left to left diagonal, lock right behind left, step left to left diagonal (lock shuffle)
- 33&34 Step right to right diagonal, lock left behind right, step right to right diagonal (lock shuffle)
35-36&37-38 Step left to left, step right behind left, step left to left, step right in front of left, step left to left
39&40 Step right behind left, step left to left, step right in front of left
41-42 Rock/step left to left, rock weight to right
43-44 Touch left behind right, unwind a full turn left transferring weight to left
45-46 Step right to right, step left behind right
&47-48 Step right to right, step left in front of right, step right to right
- 49&50 Step left behind right, step right to right, step left in front of left
51-52 Rock/step right to right, rock weight to left
53-54 Rock/step right back behind left, rock forward on left
55-56 Step right to right side, making ¼ turn left transfer weight to left
- 57-58 Making a full turn to the left step forward right, left,
59-60 Step forward on right, pivot ½ turn left transferring weight to left
61&62 Shuffle forward right, left, right
63&64 Shuffle forward left, right, left

REPEAT
