

No Change

拍数: 32 墙数: 4 级数: Improver
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音乐: Nothings Changed Here - Speed Limit



POINT AND POINT AND POINT, HOLD

1&2 Point left toe to left side, step on left, point right toe to right side
&3-4 Step on right, point left toe to left side, hold for one beat.

CROSS, UNWIND, RIGHT SHUFFLE

5-6 Cross left foot over right, unwind a half turn dropping your weight on your left foot
7&8 Step forward on right, step on left beside right, step forward on right

POINT AND POINT AND POINT, HOLD

9&10 Point left toe to left side, step on left, point right toe to right side
&11-12 Step on right, point left toe to left side, hold for one beat

CROSS, UNWIND, RIGHT SHUFFLE

13-14 Cross left foot over right, unwind a half turn dropping your weight on your left foot
15&16 Step forward on right, step on left beside right, step forward on right

STEP, HOLD AND STEP, HOLD

17-18 Step forward on left foot, hold for one beat
&19-20 Step on right besides left, step forward on left, hold for one beat

KICK-BALL POINT, SAILOR STEP

21&22 Kick right foot forward, step on right beside left, point left toe to left side
23&24 Step on left behind right, step on right beside left, step left foot forward

PADDLE TURN, PADDLE TURN

25-26 Step right foot forward, make a quarter turn left
27-28 Step right foot forward, make a quarter turn left

JAZZ BOX, TURN, TOUCH

29-30 Step on right over left, step back on left making a quarter turn right
31-32 Step on right beside left, touch left toe beside right foot

REPEAT
