

No Lie

拍数: 64 墙数: 2 级数: Improver
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音乐: I Wouldn't Tell You No Lie - The Tractors



STEP SLIDE STEP, SIDE, TOGETHER, HEEL SPREAD

1-2 Step forward left. Slide right next to left, weight on it
3-4 Step forward left. Hold
5-6 Step right to right side. Step left next to right
7-8 Spread heels apart Bring heels back together
9-10 Step forward right. Slide left next to right, weight on it
11-12 Step forward right. Hold
13-14 Step left to left side. Step right next to left
15-16 Spread heels apart Bring heels back together

WALK BACK, OUT-OUT, IN-IN, OUT-OUT, IN-IN, ROCK BACK, RECOVER

17-18 Step back on left. Hold
19-20 Step back on right. Hold
21-22 Step out and slightly back on left. Step out and slightly back on right
23-24 Step in and slightly back on left. Step in and slightly back on right
25-26 Step out and slightly back on left. Step out and slightly back on right
27-28 Step in and slightly back on left. Step in and slightly back on right
29-30 Rock back onto left. Hold
31-32 Rock forward onto right. Hold

SIDE ROCK, HOLD, STEP, STEP, SIDE ROCK, HOLD, STEP, STEP

33-34 Rock to left side on left. Hold
35-36 Rock weight onto right in place. Step left next to right
37-38 Rock to right side on right. Hold
39-40 Rock back onto left in place. Step right next to left

ROCK FORWARD, HOLD, STEP, STEP, ROCK BACK, HOLD, ROCK FORWARD, HOLD

41-42 Rock forward on left. Hold
43-44 Rock weight onto right in place. Step left next to right
45-46 Rock back onto right. Hold
47-48 Rock forward onto left. Hold

SIDE TOUCHES WITH ¼ TURN RIGHT, SIDE TOUCHES

49-50 Touch right toe to right side. Touch right toe next to left instep
51-52 Touch right toe to right side. Step right next to left turning ¼ to right side
53-54 Touch left toe to left side. Touch left toe next to right instep
55-56 Touch left toe to left side. Step left next to right.
57-58 Touch right toe to right side. Touch right toe next to left instep
59-60 Touch right toe to right side. Step right next to left turning ¼ to right side
61-62 Touch left toe to left side. Hold
63-64 Touch left toe next to right instep. Hold

REPEAT