

Polished

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Chrome - Trace Adkins



KICK & KICK-CROSS, TWIST & TWIST, MAMBO RIGHT, MAMBO BACK

1& Kick right forward, step right foot next to left foot
2& Kick left forward, cross ball of left foot over right
3&4 Twist heels left - right - left, turning $\frac{1}{2}$ to right & shifting weight onto left
5&6 Rock right to right side, replace weight onto left, step right next to left
7&8 Step left back, replace weight onto right, step left next to right

POINT, $\frac{1}{2}$ TURN-STEP, ROCK-STEP-CROSS, TWIST & TWIST, RIGHT COASTER

1-2 Point right foot to right side, turn $\frac{1}{2}$ to right stepping right next to left
3&4 Rock left to left side, replace weight onto right, cross ball of left over right
5&6 Twist heels left - right - left, turning $\frac{1}{2}$ to right & shifting weight onto left
7&8 Step right back, step left next to right, step right forward

LEFT KICK-STEP, ROCK-STEP, RIGHT KICK-STEP, ROCK-STEP, HEEL & HEEL & POINT, $\frac{1}{2}$ TURN-STEP

1&2& Kick left forward, step forward on left, right rock back and behind left, step left forward
3&4& Kick right forward, step forward on right, left rock back and behind right, step right forward
5&6& Tap left heel forward, step left next to right, tap right heel forward, step right next to left
7-8 Point left foot to left side, turn $\frac{1}{2}$ to left stepping left next to right

ROCK, STEP, 1- $\frac{1}{4}$ TURN TO RIGHT, STEP LEFT, TOUCH RIGHT, STEP RIGHT, STEP LEFT

1-2 Rock right forward diagonally across left, replace weight onto left
3&4 Step right, turning $\frac{1}{4}$ to the right, step left, turning $\frac{1}{2}$ to the right, step right, turning $\frac{1}{2}$ to the right
5-6 Step left to the left, touch right next to left (may do left side body roll while stepping left)
7-8 Step right to the right, step left next to right (may do right side body roll while stepping right)

REPEAT
