

Pure & Simple

拍数: 32 墙数: 4 级数: Improver
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音乐: Pure And Simple - Hear'Say



ROCK FORWARD & BACK, HOLD, ROCK BACK & FORWARD, HOLD

- 1-2 Rock right forward, recover back on left
- 3-4 Rock right back (left heel raised and left knee bent), hold
- 5-6 Rock left back, recover forward on right
- 7-8 Rock left forward (pushing left hip and left shoulder forward), hold

KICK, BACK, CROSS, BACK, KICK, ¼ TURN, KNEE BEND

- 9-10 Kick right forward, step right back
- 11-12 Step left back and across right, step right back
- 13-14 Kick left forward, making ¼ turn left step left to left
- 15-16 Touch right beside left and bend at knees, straighten legs

DIAGONAL SKATES, DIAGONAL SIDE STEPS

- 17-18 Over 2 counts skate right diagonally forward right
- 19-20 Over 2 counts skate left diagonally forward left
- 21-22 Step right diagonally forward right, step left beside right
- 23-24 Step right diagonally forward right, touch left beside right

ROCK, ½ TURN, STEP, TOUCH, DIAGONAL LONG STEP BACK, STEP

- 25-26 Rock left forward, recover back on right
- 27-28 Make ½ turn left and step left forward, touch right beside left
- 29-32 Step right long step diagonally back right, drag left to step beside right

REPEAT
