

Pure And Simple

拍数: 56 墙数: 4 级数: Intermediate
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音乐: Simply The Best - Tina Turner



SKATES RIGHT, SKATES LEFT, RIGHT SHUFFLE, SKATES LEFT, SKATES RIGHT, LEFT SHUFFLE

1-2 Skate forward right, skate forward left
3&4 Step right forward, close left beside right, step right forward
5-6 Skate forward left, skate forward right
7&8 Step left forward, close right beside left, step left forward

ROCK FORWARD, SHUFFLE ½ RIGHT, ROCK STEP, COASTER

1-2 Rock forward right, replace weight on left
3&4 Shuffle ½ turn right, stepping right, left, right
5-6 Rock forward left, replace weight on right
7&8 Step back left, step right in place, step forward left

SIDE, BEHIND, HEEL JACK, CROSS, SIDE, BEHIND, HEEL JACK, CROSS

1-2 Step right to right, cross left behind right
3&4& Step right to right, touch left heel forward, step left in place, cross right over left
5-8 Repeat steps leading with left

¼ TURN, STEP, COASTER STEP, WALKS LEFT & RIGHT, LEFT SHUFFLE

1-2 Step right into ¼ turn right, step left in place
3&4 Step right back, step left beside right, step left forward
5-6 Walk forward left, walk forward right
7&8 Step left forward, close right beside left, step left forward

HEEL, TOE, RIGHT SHUFFLE, HEEL, TOE, LEFT SHUFFLE

1-2 Touch right heel forward, touch right toe back
3&4 Step forward right, close left beside right, step forward right
5-8 Repeat steps 1-4 leading with the left foot

FULL TURN, CHASSE RIGHT, FULL TURN, CHASSE LEFT

1-2 Turn a ½ turn on right to right, turn a ½ turn on left to right
3&4 Step right to right, close left beside right, step right to right
5-6 Turn a ½ turn on left to left, turn a ½ on right to left
7&8 Step left to left, close right beside left, step left to left

2 X MONTEREY TURNS

1-2 Touch right to side, on the ball of right turn ½ turn right stepping left beside right
3-4 Touch left to side, bring left into right
5-8 Repeat steps 1-4

REPEAT