

Pure Indulgence

拍数: 54 墙数: 2 级数:
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音乐: When You Say Nothing At All - Alison Krauss & Union Station



- 1&2 Step right forward, rock back on left making $\frac{1}{2}$ turn right, step right forward
3&4 Cross left across in front of right, making $\frac{1}{2}$ turn left step right to right side, step left to left side
- This all travels in the one direction**
- 5&6 Step right forward, rock back on left making $\frac{1}{2}$ turn right, step right forward
7&8 Step left foot forward, make a $\frac{1}{2}$ pivot turn right placing weight on right, step left forward
- 1&2 Step right backward, rock forward onto left making a $\frac{1}{2}$ turn left, step right backwards
3&4 Step left backward, pivoting on ball of right make a $\frac{1}{2}$ turn left, step left backwards (this is a backward pivot turn)
- 1-2& Step right back at 45 degrees right, drag left to lock across in front of right, step right beside left
3-4& Step left back at 45 degrees left, drag right to lock across in front of left, step left beside right
5-6& Step right back at 45 degrees right, drag left to lock across in front of right, step ball of right beside left
- You are at 45 degrees with your weight on the ball of right**
- 7&8 Making a $\frac{1}{8}$ turn left (to face side wall) paddle turn, step on left, step right to right side, replace weight on left
- 1-2 Rock/step right back at 45 degrees right, replace weight on left (twisting the body to face left 45)
&3& Step right forward, step left back, (twisting the body to face right 45), step right beside left
4& Step left forward, (twisting the body to face left 45), step left beside right
- This is done in a zigzag motion all steps at 45 degrees**
- 5-6 Rock/step left back at 45 degrees right, replace weight on right (twisting the body to face right 45)
&7& Step left forward, step right back (twisting the body to face left 45), step left beside right
8& Step right forward, (twisting the body to face right 45), step right beside left
- This is done at a zigzag motion all steps at 45 degrees**
- 1-2&3 Rock/step right back at 45 degrees right, replace weight on left, step right to right side, step on ball of left beside right
4 Unwind making a $\frac{3}{4}$ turn left
5-6 Step right across behind left, step left across behind right
7&8& Step right across behind left, flick left at 45 degrees left, step left across behind right, flick right at 45 degrees right
- 1-2 Step right backward, rock forward onto left
&3-4 Making a $\frac{1}{2}$ turn left step forward onto right, step/rock on the left, rock forward onto the right
&5-6 Making a $\frac{1}{2}$ turn right step forward onto left, step/rock on the right, rock forward onto the left
- 1-2-3 Step right across in front of the left, step left across in front of right, step right in front of left
&4 Step left to left side, step right to right side make a $\frac{1}{4}$ turn right
5&6 Step left forward making a $\frac{3}{4}$ turn left, step right backward, step left together
7&8 Step right forward, make a $\frac{1}{2}$ pivot turn left, step right forward

1-2 Step left forward, make a ½ pivot turn right (placing weight on right)
3&4 Shuffle forward left-right-left

REPEAT
