

Reaction

拍数: 32 墙数: 4 级数: Improver
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音乐: Chain Reaction - Steps



RIGHT KICK, STEP, STEP, 2 HIP BUMPS LEFT, 2 HIPS RIGHT, STEP, STEP, ½ TURN LEFT,

- 1&2 Right kick forward, step right to right side, step left to left side
- 3-4 Bump hips to left side twice
- 5-6 Bump hips to right side twice
- &7 Step back on left, step forward right (weight goes onto right)
- 8 Turn ½ turn left (weight remains on right)

Option - as you complete ½ turn left, start to sweep left foot from in front to behind, continuing into next section (left sailor step)

LEFT SAILOR STEP, SCUFF, STEP, TOUCH LEFT FORWARD WITH HIP BUMPS AS WEIGHT GOES ONTO LEFT

- 9&10 Step left behind right, step right to right side, step left in place
- 11-12 Scuff right forward, step on to right
- 13& Touch left foot forward, while taking hip forward, then back
- 14&-15& Take hips forward, back, forward, back
- 16 Take hips forward, as you transfer the weight onto the left foot

WALK BACK RIGHT, LEFT, STEP RIGHT ¼ TURN RIGHT, TOUCH, STEP LEFT FORWARD ¼ TURN LEFT, TOUCH, STEP RIGHT ¼ TURN LEFT, TOUCH

- 17-18 Step back right, step back left
- 19-20 ¼ right stepping right to right side, touch left next to right
- 21-22 ¼ left stepping forward on left, touch right next to left
- 23-24 ¼ left stepping right to right side, touch left next to right

SIDE, TOGETHER, SIDE SHUFFLE LEFT, RIGHT, LEFT, FOUR FUNKY SKATES FORWARD

- 25-26 Step left to left side, step right beside left
- 27&28 Step left to left side, step right beside left, step left to left side
- 29 Skate right to right diagonal, as you straighten both legs
- 30 Skate left to left diagonal, as you bend both legs
- 31-32 Repeat counts 29-30

REPEAT
