

Ritual Tibetan

拍数: 40 墙数: 4 级数: Intermediate
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音乐: Ritual Tibetan - Kaliya



HEEL SWITCHES MOVING FORWARD X4, FORWARD ROCK, TRIPLE ½ RIGHT

1&2 Touch right heel forward, step right heel down (slightly forward), touch left heel forward
& Step left heel down (slightly forward)
3&4& Repeat 1-2&
5-6 Rock forward on right, back on left
7&8 Triple step a ½ turn right stepping right, left, right
9-16 Repeat 1-8 on left leg (change steps 7&8 to a ¾ turn)

SIDE HOLD, EXTENDED CHASSE RIGHT, SIDE ROCK, CROSS SHUFFLE

17-18 Step right to right side, hold
& Step left beside right
19&20 Step right to right side, step left beside right, step right to right side
& Step left beside right
21-22 Rock right to right side, rock left in place
23&24 Cross step right over left, step left to left side, cross step right over left

FULL TURN RIGHT MOVING FORWARD, SHUFFLE FORWARD, ROCK FORWARD, COASTER STEP

25-26 On ball of right turn a ½ turn right stepping left back, on ball of left turn a ½ turn right stepping right forward
27&28 Step left forward, close right beside left, step left forward
29-30 Rock forward on right, back on left
31&32 Step right back, step left beside right, step right forward

SYNCOPATED JAZZ BOX, KICK STEP SIDE TOUCH, KICK ¼ TURN TOUCH

33-34 Cross step left over right, step right back
& Step left beside right while turning a ¼ turn left
35-36 Step right forward, step left forward
37&38 Kick right foot forward, step right in place, touch left toe to left side
39&40 Kick left foot forward, step left in place while turning a ¼ turn left, touch right beside left

REPEAT
