

Robinson Crusoe

拍数: 48 墙数: 2 级数: Intermediate
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音乐: The Fear of Being Alone - Reba McEntire



- 1&2 Shuffle forward right-left-right
&3 Step left beside right & step right to right side (big step)
&4 Slide left together, change weight onto left
5&6 Shuffle forward right-left-right
&7 Step left beside right & step right to right side (big step)
8 Slide left together. While turning $\frac{1}{4}$ turn left
- 1&2 Shuffle forward left-right-left
3&4& Shuffle sideways to right (right-left-right), turn $\frac{1}{2}$ turn left
5-6 Step left to side pushing hips to left, push hips right
7-8 Push hips to left twice
- 1-4 Step forward right, left, right, kick left forward 45 degrees
Can add full left turn for added challenge
5-6 Turn $\frac{1}{4}$ turn left & step left to left pushing hips left, push hips right
7-8 Push hips to left twice
- 1&2 Step right behind left, step left across front of right, step right to side
3&4 Step left behind right, step right across front of left, turn $\frac{1}{2}$ turn left
5-7 Touch left toe forward, side, back
&8 Step left next to inside of back of right heel & touch right toe to right side
- 1-2 Step forward right, lift right heel up and slap down
3-4 Step forward left, lift left heel up and slap down
5-6 Touch ball of right foot forward, hold
7-8 Swing right knee towards left, swing right knee to right
At same time as swinging right knee toward left, swing left arm across front towards right, and right arm behind towards left - then back to neutral when swinging right knee to right
- 1-8 Repeat last eight beats

REPEAT
