

Rubicon

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Another Night - Real McCoy



The advanced (ADV) version is the "correct" version. If you find it too difficult, leave out the advanced moves and do the easier version of the dance

KICK BALL HEEL, ½ TURN, HAND WORK (REPEAT ON OPPOSITE FEET)

1&2& Kick right forward, step right beside left, extend left heel forward, step left beside right
3 On balls of both feet, turn ½ turn on the spot left over (1) count
&4 Extend right arm upwards to right diagonal like this '/', cross right arm over left side

ADV: Keep right arm where it is for the following steps

5-8 Repeat counts (1-4) on opposite feet & hands

ADV: Arms should now be crossed

PADDLE STEPS, DOUBLE ARM SPIRAL SPIN, HEAD SPIRAL SPIN

9-12 Point right toe to right side 4 times while turning either 1 or 2 full turns left

ADV: While doing counts (9-12) bring both hands up at head level clicking fingers 4 times

13-14 Sweep right hand over head: while bringing right hand down: sweep left hand over head

ADV: While doing counts (13-14) on balls of both feet turn a full turn on the spot left

&15&16 Rotate head smoothly: right, forward, left, back

ADV: While doing counts (&15&16) on balls of both feet turn a full turn on the spot left (You should now be dizzy!!!)

KNEE SLIDE, STEP LOCK STEP, HEEL-TOE TOUCHES, CROSS SHUFFLE

&17 Raise/hitch right knee over left knee, big step sliding to right side with right foot

18 Drag left toe beside right turning ¼ turn left

19&20 Step right forward, lock step left behind right, step right forward

21 Extend left heel forward while jumping back with right foot

22 Extend left toe back while jumping back with right foot

& Raise/hitch left knee

23&24 Cross left over right, step right to right side, cross left over right

STEP & SWIVELS FORWARD, STEP & SWIVELS BACK

& Raise/hitch right knee while turning a ¼ turn left

25&26 Step right forward, swivel both heels right, swivel both heels left to center

27&28 Step left forward, swivel both heels left, swivel both heels right to center

29&30 Step left back, swivel both heels right, swivel both heels left to center

31&32 Step right back, swivel both heels left, swivel both heels right to center

REPEAT