

Secret

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Secret - Maroon 5



PARTIAL WEST COAST SWING BASIC, LEFT ¼ LEFT, RIGHT ½ LEFT, SAILOR STEP

1-2 Step right forward, step left forward
3&4 Step right back and slightly behind left, cross back left over right, step right back
5-6 Step left and turn ¼ left, step right and turn ½ left
7&8 Cross step left behind right, step and lightly press right, step left to left side

QUICK CROSS, SIDE, DRAG, CROSS, WALKS, RIGHT RONDE, BACK, STEP, RIGHT ¼ RIGHT, LEFT STEP

&9-10 Cross step right behind left, step left to left side, drag right toward left
&11-12 Step right next to/behind left (3rd position), step left forward and slightly across right, step right forward
&13-14 Step left forward, sweep right to the left across left, step right across left
15&16 Step left back, step right and turn ¼ right, step left forward

Counts 4&5 feels like a mini run & hop, but stay low and grounded, with bent knee into rondé

PUSH CROSSES TWICE, SHOULDER TURNS, WIPE, RIGHT CROSS STEP

17&18 Lightly press/rock right to right side, recover weight left, step right across left
19&20 Lightly press/rock left to left side, recover weight right, step left across right
21-22 Right step right, turn shoulder toward 8:00, weight left, turn shoulder toward 4:00
&a Weight right and slightly bend knee, step left next to right with slightly angling body toward 4:00
23 Press right and slide foot toward 9:00, releasing into air
24 Step right across left, still angled toward 4:00

Counts 1-4 allows for many variations including a 2 count lean & press right, and then left

LEFT BACK ¼ RIGHT, RIGHT BACK STEP, WEAVE, RIGHT WALK, LEFT ROCK & CROSS, RIGHT STEP, LEFT ½ LEFT

25-26 Step left back ¼ right, step right back
27&28 Step left cross behind right, step right to right side, step left across right and forward
29 Step right forward and across left
30&31 Rock left to left side, recover weight to right, step left across right and forward
32& Step right forward, step left and turn ½ left

REPEAT

TAG

Start the 5th wall (back at 12:00), then after 16 counts simply begin the dance again, now at 6:00