

Sedona

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Sedona - Paul Mateki



¼ RIGHT MONTEREY TURN, SIDE SHUFFLE LEFT, ROCK & RECOVER

1-4 Touch out with the right foot, make a ¼ turn to the right, left out and together
5&6 Left to side, right up to it, left to side
7-8 Rock right foot back and recover (weight on left)

¼ RIGHT MONTEREY TURN, SIDE SHUFFLE LEFT, ROCK & RECOVER

9-12 Touch out with the right foot, make a ¼ turn to the right, left out and together
13&14 Left to side, right up to it, left to side
15-16 Rock right foot back and recover (weight on left)

HEEL STRUTS FORWARD AND CLAPS

17-20 Right heel forward, slap down and clap, left foot forward, slap down and clap
21-24 Right heel forward, slap down and clap, left foot forward, slap down and clap

WALK BACKWARDS, ROCK BACKS AND REPLACE

25-28 Walk back right, left, right, left
29&30 Rock back on right, forward on left, replace right next to left
31&32 Rock back on left, forward on right, replace left next to right

BRUSH SWEEP RIGHT FOOT FORWARD, STEP LEFT INTO PLACE, STEP FORWARD AND PIVOT ½ LEFT

33-35 Brush right foot forward and out, bring left into place
36-38 Brush left foot forward and out, bring right into place
39-40 Step right foot forward and pivot ½ turn left

RIGHT HEEL FORWARD, STEP & PIVOT ¼ TURN RIGHT, LEFT HEEL DIG, AND KNEE POPS

41-42 Right heel forward and replace
43-44 Step left foot forward and pivot ¼ turn right
45-46 Left heel forward and replace
47&48 Pop knees, right, left, right

REPEAT
