

Single

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Single - Natasha Bedingfield



KICK STEP POINT, KICK ¼ POINT, RIGHT MUMBO FORWARD, LEFT MUMBO BACK

1&2 Kick right forward, replace weight right, toe point the left
3&4 Kick left forward, replace weight left making ¼ left, toe point to right
5&6 Rock forward on right, rock back on left, step right next to left
7&8 Rock back on left, rock forward onto right, close step left next to right

STEP RIGHT HIP BUMPS (TWICE), RIGHT MUMBO FORWARD, LEFT SAILOR ¼ LEFT

1&2 Step right bump hips right, left, right - step left next to right on last bump
3&4 Repeat above
5&6 Rock forward on right, rock back on left, step right next to left
7&8 Cross left behind right, step right making ¼ left, step forward on left

WALK RIGHT LEFT, RIGHT MUMBO FORWARD, LEFT COASTER TOUCH, LEFT COASTER STEP

1-2 Walk forward right, left
Style - as you walk forward take right fist above head and wave to right then left
3&4 Rock forward on right, rock back on left, step right next to left
5&6 Step back on left, step right beside left, toe touch left forward (no weight)
Style - as you toe touch the left, lean back slightly
7&8 Step back on left, step right beside left, step left forward (take weight this time)

PADDLE ¼ LEFT, ¼ LEFT, RIGHT CROSS & HEEL, LEFT CROSS & HEEL, CROSS RIGHT ½ UNWIND

1-2 Hitch the right and paddle ¼ left point right toe, repeat again to make ½ over left shoulder
3&4& Cross right over left, step left to left side, heel dig the right, step right (right cross & heel)
5&6& Cross left over right, step right to right side, heel dig the left, step left (left cross & heel)
Style - for more style make your cross and heels travel forward
7-8 Cross right over left, ½ unwind over left shoulder

REPEAT
