

That N' This

拍数: 32 墙数: 4 级数: Improver
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音乐: After All That, This - Redfern & Crookes



ROCK-RECOVER, RIGHT SHUFFLE, SIDE ROCK-RECOVER, BEHIND-TURN-STEP

- 1 Rock forward on right (pushing hips forward) (12:00)
- 2 Recover on left (pushing hips back)
- 3&4 Step forward right, step left next to right, step forward right
- 5-6 Rock left to left, recover on right
- 7&8 Step left behind right, step right ¼ turn right, step left forward (3:00)

CROSS, STEP BACK, BACK-LOCK-STEP, BEHIND, UNWIND, KICK-BALL-STEP

- 1-2 Cross right over front of left, step left back
- 3& Step right back on right diagonal, lock left over front of right
- 4 Step right back on right diagonal
- 5-6 Cross left behind right, unwind half turn left (9:00)
- 7&8 Kick right forward, step on ball of right, step forward left

STEP, HALF TURN, RIGHT SHUFFLE, FULL TURN, FORWARD MAMBO

- 1-2 Step forward right, pivot half turn left (3:00)
- 3&4 Step forward right, step left next to right, step forward right
- 5 On ball of right pivot half turn right stepping back left (9:00)
- 6 On ball of left pivot half turn right stepping forward right (3:00)
- 7&8 Rock left forward, recover on right, step left next to right

HEEL-&, HEEL-&, TOE-&, HEEL-&, FORWARD ROCK, RECOVER, BACK ROCK-&-STOMP

- 1& Tap right heel forward, step right in place
- 2& Tap left heel forward, step left in place
- 3& Tap right toe behind left foot, step right in place
- 4& Tap left heel forward, step left in place
- 5-6 Rock forward on right, recover on left
- 7&8 Rock back on right, recover on left, stomp (up) right next to left

REPEAT
