

This Is A Song

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Song for the Lonely - Cher



KICK-BALL-CHANGE, ½ PIVOT LEFT, WALK-WALK, KICK-BALL-CHANGE

- 1&2-3-4 Kick right forward, step on ball of right, step left next to right, step right forward into ½ pivot left (weight. Left)
5-6-7&8 Step right forward, step left forward, kick right forward, step on ball of right, step left next to right

½ SHUFFLE LEFT, SHUFFLE BACK, ½ SHUFFLE RIGHT, SHUFFLE FORWARD

- 1&2-3&4 Step right forward into ¼ left, step left next to right, side right into ¼ left, shuffle back left-right-left
5&6-7&8 Step right back into ¼ right, step left next to right, side right into ¼ right, shuffle forward left-right-left

HEEL & HEEL, BACK-BACK, CROSS-¼ LEFT-FORWARD, WALK-WALK

- 1&2-3-4 Tap right heel forward, step right next to left, tap left heel forward, step left back, step right back
5&6-7-8 Cross left over right, side step right into ¼ turn left, step left forward, step right forward, step left forward

HEEL & HEEL, BACK-BACK, CROSS-¼ LEFT-FORWARD, WALK-WALK

- 1&2-3-4 Tap right heel forward, step right next to left, tap left heel forward, step left back, step right back
5&6-7-8 Cross left over right, side step right into ¼ turn left, step left forward, step right forward, step left forward

FORWARD, BACK, ¾ SHUFFLE RIGHT, FORWARD, BACK, BACK, CROSS-TOUCH

- 1-2-3&4 Step right forward, rock left back, step right back in ¾ shuffling turn right (right-left-right)
5-6-7-8 Step left forward, rock right back, step left back, cross right over left and touch

FORWARD, BACK, ¾ SHUFFLE RIGHT, FORWARD, BACK, ½ SHUFFLE LEFT

- 1-2-3&4 Step right forward, rock left back, step right back into ¾ shuffling turn right (right-left-right)
5-6-7&8 Step left forward, rock right back, step left back into ½ shuffling turn left (left-right-left)

FORWARD, DRAG, STEP, STEP, BACK, DRAG, STEP, STEP

- 1-2-3-4 Step right forward, drag left up next to right, step left in place, step right in place
5-6-7-8 Step left back, drag right back next to left, step right in place, step left in place

¼ RIGHT-HOLD, FORWARD-½ PIVOT RIGHT, ¼ LEFT-HOLD, ½ RIGHT-FORWARD LEFT

- 1-2-3-4 Side step right into ¼ turn right, hold, step left forward into ½ pivot turn right (weight right)
5-6-7-8 Step left forward into ¼ turn right, hold, turn ½ right on left (weight right), step left forward

REPEAT

RESTART

During the 4th repetition only (you will be facing the back wall) drop the last 8 counts and restart (after the step, drag, step, steps).