

25 Words

拍数: 32 墙数: 4 级数: Intermediate
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音乐: 25 Words Or Less - Michael Johnson



CROSS SHUFFLE, SIDE ROCK, RETURN, ½ LEFT, CROSS SHUFFLE, STEP SIDE

1&2-3 Step right over left, step side left, step right over left, rock left to left side
4 Return weight onto right
5-6&7 Turning ½ left step side left, step right over left, step side left, step right over left
8 Step side left

SAILOR STEP, BEHIND SIDE CROSS, SIDE RIGHT, LEFT HEEL & 45, 2 HEEL SWITCHES

1&2 Step right behind left, step side left, step side right
3&4 Step left behind right, step side right, cross left over right
5-6 Step side right, touch left heel in front
&7& Step left together, touch right heel in front, step right together
8& Touch left heel in front, step left together

FORWARD, BACK, BACK LOCK SHUFFLE, BACK, FORWARD, ROCK SIDE & CROSS

1-2-3&4 Rock forward right, step back left, step back right, cross left over right, step back right
5-6-7&8 Rock back left, step forward right, rock side left, step side right, cross left over right

¼ LEFT, ½ LEFT, SHUFFLE FORWARD, FORWARD LEFT, ½ RIGHT, FORWARD LEFT, SCUFF RIGHT & SWEEP

1-2-3&4 Turning ¼ left step back right, turning ½ left step forward left, shuffle forward right, left, right
5-6 Step forward left, ½ pivot right taking weight forward onto right
7-8 Step forward left, scuff right & sweep

REPEAT

ENDING

Dance the first 10 steps then step left behind right, ¼ right stepping forward right, step left together