

Unstill

拍数: 32 墙数: 4 级数: Beginner
编舞者: Shawn Knisell
音乐: I've Got You - Marc Anthony



WALKS, SYNCOPATED MAMBO STEP ¼ TURN, SIDE STEP, SAILOR STEPS

- 1-2 Right foot walk forward, left foot walk forward
- 8&3-4 ¼ turn to left side right foot step to right side, recover weight on left foot, right foot cross in front of left foot
- 5 Left foot step to the left
- 6&7 Right foot cross behind left foot, left foot small step to the left, right foot small step to right side
- 8&1 Left foot cross behind right foot, right foot small step to the right, left foot small step to left side

SHUFFLE, STEP ½ TURN STEP, STEP LOCK, SHUFFLE

- 2&3 Right foot step forward, left foot behind right foot, right foot step forward
- 4&5 Left foot step forward, ½ turn to right side recover weight on right foot, left foot step forward
- 6-7 Right foot step forward, left foot lock behind right foot
- 8&1 Right foot step forward, left foot behind right foot, right foot step forward

MAMBO STEPS, RONDE CHAMP ½ TURN, HIP BUMPS

- 2&3 Left foot rock to left side, recover weight on right foot, left foot cross in front of right foot
- 4&5 Right foot rock to right side, recover weight on left foot, right foot cross in front of left foot
- 6-7 Sweep left foot in circle next to right foot with a ½ turn, left foot step next to right foot
- 8&1 Right foot step behind left foot and hip bump back, hip bump forward, hip bump back

SHUFFLE, MAMBO STEPS, SHUFFLE

- 2&3 Left foot step forward, right foot behind left foot, left foot step forward
- 4&5 Right foot rock forward, recover weight on left foot, right foot step next to left foot
- 6&7 Left foot rock back, recover weight on right foot, left foot step next to right foot
- 8& Right foot step forward, left foot behind right foot

REPEAT
