

Video

拍数: 32 墙数: 4 级数: Improver
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音乐: Video - India.Arie



WALK, WALK, WALK, BUMP HEELS TWICE INTO ¼ TURN LEFT, ROCK AND STEP, BUMP HEELS TWICE INTO HALF TURN LEFT

1-2 Walk right, left
3&4 Step forward with right, bump heels twice as you turn ¼ left (weight ends on right)
5&6 With left foot, rock out to left side, replace, step left foot next to right
7&8 Step forward with right, bump heels twice as you turn ½ left (weight ends on right)

LEFT COASTER, SCUFF, HITCH STEP WITH RIGHT, TOUCH LEFT AND RIGHT AND LEFT, TAP, TAP

1&2 Step back on left, step on right next to left, step forward on left
3&4 Scuff right foot next to left, hitch right knee, step on right in 3rd position
5&6& Touch left to left side, step left, touch right to right side, step right
As you touch left toe, angle body to left, as you touch right, angle body to right
7&8 Touch left to left side, tap left toe twice (body is angled on a diagonal to left)

LEFT SHUFFLE TO LEFT DIAGONAL, RIGHT SHUFFLE TO RIGHT DIAGONAL, ROCK LEFT AND CROSS LEFT OVER RIGHT, TURN ¼, LEFT, ¼ LEFT, STEP LEFT, TOUCH RIGHT

1&2 Shuffle, left, right, left to left diagonal
3&4 Shuffle right, left, right to right diagonal
Square up to wall, after diagonal shuffles
5&6 With left foot, rock out to left side, replace on right, cross left foot in front of right
7&8 Step backward on right as you turn ¼ to your left, step forward on left, as you continue ¼ to left (half turn total), touch right toe to right side

CROSS RIGHT, STEP LEFT, SAILOR SHUFFLE, SAILOR SHUFFLE, TURNING ½ TO LEFT, OUT, OUT, IN, IN

1-2 Step right across in front of left, step left in place
3&4 Step behind with right, step left to left side, step right beside left
5&6 Step behind with left, turn ½ to your left as you step right, then left
&7&8 Step out with right, left, step in with right, left

REPEAT
