Without Limits

拍数: 32

1

级数: Intermediate

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音乐: Good Little Girls - Blue County

STOMP FORWARD, HEEL BOUNCES X 3, HIP BUMPS

- Right stomp slightly forward (heel off floor)
- 2-4 Right bounce heel 3 times
- 5-6 Bump right hip diagonally forward twice
- 7-8 Bump left hip diagonally backward twice

Styling: on counts 2-4 lean slightly forward, bending right knee while snapping right fingers out in front of you with the bounces

ROGER RABBIT, BACK ROCK-RECOVER, ½ PIVOT TURN (LEFT)

- 9 Right swing foot out and around stepping behind left foot
- 10 Left swing foot out and around stepping behind right foot
- 11 Right swing foot out and around stepping behind left foot
- 12 Left swing foot out and around stepping behind right foot
- 13 Right step (rock) backward, slightly lifting left foot off floor
- 14 Left lower foot back to floor
- 15 Right step forward
- 16 On (balls of) both feet, pivot ½ turn left

Option: if you don't want to do the roger rabbit just walk backward right-left-right-left

CHASSE' (RIGHT), BACK ROCK-RECOVER, CHASSE' (LEFT), BACK ROCK-RECOVER

- 17&18 Shuffle right stepping (right-left-right)
- 19 Left cross step (rock) behind right foot, slightly lifting right foot off floor
- 20 Right lower foot back to floor
- 21&22 Shuffle left, stepping (left-right-left)
- 23 Right cross step (rock) behind left foot, slightly lifting left foot off floor
- 24 Left lower foot back to floor

SIDE STEP, CROSS BEHIND, ¼ SHUFFLE (RIGHT), STEP FORWARD, ½ PIVOT TURN (RIGHT), SHUFFLE FORWARD

- 25 Right step to side
- 26 Left cross step behind right foot
- 27&28 Shuffle ¼ turn right and step (right-left-right)
- 29 Left step forward
- 30 On (balls of) both feet, pivot ½ turn right
- 31&32 Shuffle forward stepping (left-right-left)

REPEAT

RESTART

On walls 3 and 7 dance up to count 24 and then start from the beginning

TAG

After wall 8 you will do the following 8 counts then start from the beginning FORWARD ROCK-RECOVER, ½ SHUFFLE TURN (RIGHT), STEP FORWARD, ½ PIVOT TURN (RIGHT), SHUFFLE FORWARD

- 1 Right step (rock) forward, slightly lifting left foot off floor
- 2 Left lower foot back to floor





墙数:4

3&4	Shuffle ¹ / ₂ turn right, stepping right-left-right)
5	Left - step forward
6	On (balls of) both feet, pivot ½ turn right
7&8	Shuffle forward stepping, (left-right-left)
7&8	Shuffle forward stepping, (left-right-left)