

Woteva

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Best Years of Our Lives - Baha Men



STEP, LOCK, STEP LOCK STEP, ROCK, RECOVER,, SHUFFLE ½ TURN,(1 ½ TURNS OPTION)

1-2 Step forward right, lock left behind right
3&4 Step forward right, lock left behind right, step forward right
5-6 Rock forward on left, recover weight onto right
7&8 Step left ¼ turn left, step right together, step left forward ¼ turn left

STEP, LOCK, STEP LOCK STEP, ROCK, RECOVER, SHUFFLE ¾ TURN

1-2 Step forward right, lock left behind right
3&4 Step forward right, lock left behind right, step right forward
5-6 Rock forward on left, recover weight onto right
7&8 Step left ¼ turn left, step right ¼ left, step left ¼ turn left

ROCK & CROSS, ROCK & CROSS, BACK LOCK STEP, COASTER STEP

1&2 Rock right to right side, recover weight on to left, cross step right over left
3&4 Rock left to left side, recover weight onto right, cross step left over right
5&6 Step back right, lock left in front of right step back right,
7&8 Step back left, step right beside left step forward left,

HIP BUMPS FORWARD RIGHT- LEFT, SIDE, TOGETHER, SIDE TOGETHER SIDE

1&2 Step right foot forward bumping hips forward- back- forward
3&4 Step left foot forward bumping hips forward -back -forward
5-6 Step right to side, step left together
7&8 Step right to side, step left beside right, step right to side

CROSS ROCK, RECOVER, ¼ TURN SHUFFLE, STEP ¼ PIVOT, STEP ¼ PIVOT

1-2 Cross rock left over right, recover weight onto right
3&4 Step left to side, step right next to left, step left ¼ turn left
5-6 Step forward right, pivot ¼ turn left
7-8 Step forward right, pivot ¼ turn left

ROCK, RECOVER, COASTER STEP, DIAGONAL LEFT SHUFFLE, DIAGONAL RIGHT SHUFFLE

1-2 Rock forward on right, recover weight onto left
3&4 Step back on right, step left beside right, step forward right
5&6 Step left forward into left corner 45 degrees, step right next to left, step forward left
7&8 Step right into right corner 45 degrees, step left next to right, step right forward

ROCK, RECOVER, SHUFFLE ¾ TURN LEFT, ROCK, RECOVER, CROSS AND HEEL

1-2 Rock forward on left recover weight onto right
3&4 Step left ¼ turn left, step right ¼ left, step left ¼ turn left
5-6 Rock right out to side, recover weight on to left
7&8 Cross right over left, step slightly back on left, touch right heel forward

& CROSS, TOUCH, & CROSS SHUFFLE, MAMBO RIGHT, MAMBO LEFT

&1-2 Step down on right, cross left over right, touch right beside left
&3&4 Step down on right, cross left over right, step right to side, cross left over right
5&6 Rock out to right, recover weight on to left, step right beside left

7&8

Rock out left, recover weight on to right, step left next to right

REPEAT
