

Just Live

拍数: 48 墙数: 4 级数: Improver
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音乐: It's All the Way Live - Coolio



SCUFF, TOUCH, ROCK/RECOVER, SYNCOPATION, ROCK/RECOVER

1-2 Scuff right forward, touch right beside left
3-4 Rock right to side, recover on left
5&6 Step right behind left, step left to side, cross right in front of left
7-8 Rock left out to side recover on right

¼ TURN COASTER, SCUFF, STEP, STEP, SHAKE, BACK STEP, BACK TOUCH

1&2 While making a ¼ turn to the left, step left back, right together, left forward
3&4 Scuff right forward, step forward on right, step together with left
5&6 Shake hips left, right, left
7-8 Step back with right, touch left back

½ TURN, STEP, SAILOR, TOUCH, BACK STEP, HIP BUMPS

1-2 Make a ½ turn to the left, step forward on right
3&4 Step left behind right, step right together, step forward on left
5-6 Touch right forward, step back on right
7-8 Shake hips, left, right

HIP BUMPS, KICK BALL CHANGE (TWICE), STEP, TOUCH TO SIDE

1-2 Shake hips left, right
3&4 Kick right foot forward, step on right, step forward on left
5&6 Kick right foot forward, step on right, step forward on left
7-8 Step forward on right, touch left out to left side

¼ SWIVELS, SCUFF ¼ TURN, SYNCOPATION

1-2 Swivel body ¼ turn to left, swivel body ¼ turn back to right
3-4 Swivel body ¼ turn to left, scuff right foot forward
5 Step down on right while making a ¼ turn to the left
6&7 Step left behind right, step right to right side, cross left in front of right
8 Step right to right side

TOUCH, STEP, SLIDE, TOUCH, TOUCH OUT, BEHIND, ½ TURN, STEP

1-2 Touch left beside right, step left big step to left
3-4 Slide right to left, touch right beside left
5-6 Touch right out to right side, touch right behind left
7-8 Make a ½ turn to the right, step forward on left

REPEAT
