

JFF (Just For Fun)

拍数: 32 墙数: 4 级数: Beginner
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音乐: Don't Stop 'Til You Get Enough - Michael Jackson



POINT CROSS, POINT CROSS, POINT CROSS, POINT TOGETHER

- 1 Point right foot out
- 2 Cross right foot in front left foot
- 3 Point left foot out
- 4 Cross left foot in front right foot
- 5 Point right foot out
- 6 Cross right foot in front left foot
- 7 Point left foot out
- 8 Put left foot next to right foot

STEP OUT RECOVER, STEP OUT RECOVER, WALK BACKWARDS

- 1 Step out on right foot, while doing this swing right arm in front of your body
- 2 Put right foot next left foot
- 3 Step out on left foot, while doing this swing left arm in front of your body
- 4 Put left foot next right foot
- 5 Step backwards with right foot
- 6 Step backwards with left foot
- 7 Step backwards with right foot
- 8 Step backwards with left foot

STEP OUT TOGETHER, SHUFFLE FULL TURN, SHUFFLE

- 1 Step out on right foot
- 2 Left foot next to right foot
- 3&4 Shuffle, right left right
- 5 Cross left foot in front right foot
- 6 Turn a full turn over right shoulder
- 7&8 Shuffle, left right left

HEEL GRIND ¼ TURN, COASTER STEP, SCUFF, FULL TURN

- 1 Cross right heel in front left foot
- 2 Turn ¼ over right shoulder, while doing this put left foot backwards
- 3 Step back right foot. & put left foot next to right foot
- 4 Step forward on right foot
- 5 Step forward on left foot
- 6 Scuff right foot
- 7 Cross right foot over left foot
- 8 Turn a full turn over left shoulder

REPEAT
