In The Mood - For Dancing

级数: Improver

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拍数: 32

音乐: I'm In the Mood for Dancing - The Nolans

FORWARD, BACK, COASTER, SCUFF/STEP X 4

- Rock/bounce forward on left, rock back on right, step back on left 1&2
- 3&4 Step back on right, step left beside right, step forward on right (coaster)

The following scuff steps move forward

- &5&6 Scuff forward on left, step forward on left, scuff forward on right, step forward on right
- &7&8 Scuff forward on left, step forward on right, scuff forward on right, step forward on left

FORWARD, BACK, COASTER, SCUFF/STEP X 4

- Rock/bounce forward on left, rock back on right, step back on left 9&10
- 11&12 Step back on right, step left beside right, step forward on right (coaster)

The following scuff steps move forward

- &13&14 Scuff forward on left, step forward on left, scuff forward on right, step forward on right
- &15&16 Scuff forward on left, step forward on right, scuff forward on right, step forward on left

CROSS/ROCK, SHUFFLE, CROSS/ROCK, SHUFFLE WITH 1/4 TURN

- 17-18-Cross/rock left over right, rock/return weight to right
- 19&20 Shuffle to the left (left, right, left)
- 21-22 Cross/rock right over left, rock/return weight to left
- 23&24 Shuffle to the right (right, left, right) making 1/4 turn right

SHUFFLE ½ TURN, COASTER, TOE STRUT X 4

- 25&26 Shuffle forward left, right, left making 1/2 turn right (becomes a backward shuffle)
- 27&28 Step back on right, step left beside right, step forward on right (coaster)
- &29 Toe strut forward on left
- &30 Toes strut right forward directly in front of left
- &31 Toe strut left forward directly in front of right
- &32 Toe strut right forward directly in front of left

REPEAT

TAG

At the end of the 3rd wall.

- 1-2 Rock/step forward on left, rock back on right
- 3&4 Step back on left, step right beside left, step forward on left (coaster)
- 5-6 Rock/step forward on right, rock back on left
- 7&8 Step back on right, step left beside right, step forward on right (coaster)
- 9-10 Step forward on left, pivot 1/2 turn left transferring weight to right
- 11-12 Step forward on left, pivot 1/2 turn left transferring weight to right





墙数: 4