

I Need A Break

拍数: 32 墙数: 4 级数: Beginner
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音乐: I Need A Break - Noah Gordon



KICKS RIGHT TWICE, KICKS LEFT TWICE WITH CHA-CHA

1-2 Kick right over left, kick right to side
3&4 Cha-cha in place right, left, right
5-6 Kick left over right, kick left to side
7&8 Cha-cha in place left, right, left

HIP BUMPS TWICE

1&2 Two hips forward on right
3&4 Two hips back on left

SHUFFLES TWICE LEFT AND RIGHT

1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left

VINE RIGHT AND VINE LEFT WITH ¼ TURN

1&2 Step right to side, step left behind right
3&4 Step right to side, touch left beside right
5&6 Step left to side, step right behind left
7&8 Step left to side turning ¼ turn left, bring right together

ROCK FORWARD, TURNING RIGHT WITH CHA-CHA

1&2 Rock forward on right, return weight on left turning ½ on right
3&4 Cha-cha right, left, right

ROCK FORWARD, TURNING LEFT WITH CHA-CHA

1&2 Rock forward on left, return weight on right turning ½ on left
3&4 Cha-cha left, right, left

REPEAT
