

Hidden Agender!

拍数: 32 墙数: 4 级数:
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音乐: Hidden Agenda - Craig David



MAMBO ¼ TURN, BACK LUNGE, STEP, STEP, ¼ TURN, HITCH, CROSSING SHUFFLE

1&2 Rock left to left, recover on right, ¼ left on left (left heel to right instep)
3-4 Lunge back on right, step forward on left
5&6 Step forward on right, ¼ turn left on left, hitch right knee across left leg
7&8 Step right across left, step left to left, step right across left

STEP TOUCH TWICE, HIP BUMPS, SAILOR ¼ TURN

1-2 Step left to left, touch right toe to right (body roll is nice here)
3-4 Step right to right, touch left toe to left (and here)
5&6 Bump hips left, right, left (on count 6 lift and straighten right leg slightly)
7&8 ¼ turn right step right behind left, step left to left, step slightly forward on right

WALK, WALK, TRIPLE LOCK, ROCK, ¼ TURN RECOVER, SIDE SHUFFLE

1-2 Walk forward on left, right
3&4 Triple lock forward left, right, left
5-6 Rock forward on right, recover ¼ turn right on left
7&8 Side shuffle right, left, right

SAILOR ¼ TURN, KICK BALL STEP, STEP, HOLD, TWIST ½ TURN

1&2 Step left behind right, step right on right, ¼ left on left
3&4 Kick right foot forward, step right next to left, step forward on left
5-6 Step forward on right, hold
7&8 Twist both heels right, left, right making a ½ turn left (end with weight on right foot)

REPEAT
