

Groove

拍数: 32 墙数: 4 级数:
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音乐: Love Is Alive - Anastacia



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- 1&2 Rock back on right, recover, step right to right side
3 Turn full turn to right, change weight to left foot
&4 Take two small steps forward (right, left)
5&6 Rock forward on right, recover, step right together with left
7&8 Triple forward (left, right, left)
- 1-2 Step right foot forward making $\frac{1}{2}$ turn to left (weight stays on right)
3 Kick left foot forward
&4 Take two steps back (left right) look to left on count 4
5 Hold (point right arm to left)
6-7-8 Hold (slowly swing arm around to point forward)
- 1&2 Sailor step making $\frac{1}{4}$ turn to left (left, right, left)
3&4 Triple forward (right, left, right)
5-6& Step forward on left, hold, step right behind left
7-8& Step forward on left, hold, step right behind left
- 1-2& Step forward on left, rock forward on right, recover
3 Low ronde with right foot
4&5 Swing right foot around into sailor step turning $\frac{1}{4}$ to right (right, left, right)
6 Turn $\frac{1}{2}$ turn to left, change weight to left foot
7 Step forward on right
8 Turn $\frac{1}{2}$ turn to right stepping back on left foot

REPEAT
