

Full Motion

拍数: 32 墙数: 4 级数: Intermediate
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音乐: When the Lights Go Out - Five



RIGHT KICK-BALL TOUCH (LEFT SIDE), LEFT TOE TOUCH (IN-OUT-IN), LEFT KICK-BALL TOUCH (RIGHT SIDE), LEFT TOE SWITCH

- 1&2 Kick right foot forward, step right foot to place beside left, touch left toe out to left side
3&4 Touch left toe to place beside right foot, touch left toe out to left side, touch left toe to place beside right foot
5&6 Kick left foot forward, step left foot to place beside right, touch right toe out to right side
&7 Step right foot to place beside left, touch left toe out to left side
& Step left foot to place beside right
8 Step right foot to right side rocking weight onto it and lift left foot slightly

RIGHT SIDE STEP/ROCK, LEFT SIDE STEP/ROCK, RIGHT SIDE STEP, RIGHT SYNCOPATED WEAVE, RIGHT SYNCOPATED MONTEREY TURN (¼-RIGHT), LEFT KICK-BALL TOUCH (RIGHT BACK)

- 9 Step left foot to left side rocking weight onto it and lift right foot slightly
10 Step right foot to right side
11&12 Step left foot behind right, step right foot to right side, step left foot over right
13&14 Touch right toe out to right side, step right foot to place beside left a ¼ turn right, touch left toe out to left side
15&16 Kick left foot forward, step left foot to place beside right, touch right toe back

KICK SWITCHES (RIGHT,LEFT), RIGHT TOE BACK/¼ PIVOT RIGHT, RIGHT COASTER STEP, (&) LEFT STEP, WALK FORWARD (RIGHT,LEFT)

- 17& Kick right foot forward, step right foot to place beside left
18& Kick left foot forward, step left foot to place beside right
19-20 Touch right toe back, pivot a ¼ turn right (weight ending on left foot)
21&22 Step right foot back, step left foot to place beside right, step right foot forward
& Step left foot to place beside right
23-24 Walk forward: right, left

RIGHT STEP/½ PIVOT LEFT, RIGHT STEP/¼ PIVOT LEFT, JUMP FORWARD (RIGHT,LEFT), HOLD/CLAP, JUMP FORWARD (RIGHT,LEFT), HOLD/CLAP(2X)

- 25-26 Step right foot forward, pivot a ½ turn left
27-28 Step right foot forward, pivot a ¼ turn left (weight ending on left foot)
&29 Jump right foot forward, jump left foot forward to place beside right
30 Hold position and clap hands
&31 Jump right foot forward, jump left foot forward to place beside right
&32 Hold position and clap hands twice (weight ending on left foot)

REPEAT
