

Forca

拍数: 0 墙数: 2 级数: Intermediate
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音乐: Forca - Nelly Furtado



Sequence: AA, BB, AA, BB, AA, BB, AA, BB

PART A

STEP RIGHT, BEHIND & CROSS, TAP-¼ TURN KICK, COASTER STEP RIGHT, CROSS LEFT

- 1 Step right foot to right side
- 2&3 Cross left foot behind right, step right foot to right side, cross left foot over right
- 4-5 Tap right foot next left, kick right foot to right side with ¼ turn to right
- 6&7 Step right foot back, step left on right, step right foot forward
- 8 Cross left foot over right

TAP-CROSS RIGHT, ¾ TURN, ½ TURN, CROSS-TAP

- 1-2 Tap right foot to right side, cross right foot over left
- 3-4 Step left foot back ¼ turn right, step right foot ¼ turn right
- 5-6 Step left foot ¼ turn right, step right ½ turn to right side
- 7-8 Cross left foot over right, tap right to right side

CROSS UNWIND(½-LEFT), CHASSÉ RIGHT, ROCK STEP RIGHT, CROSS SHUFFLE

- 1-2 Cross right foot over left, unwind a ½ turn over left shoulder
- 3&4 Step right foot to right side, step left next to right, step right to right side
- &5-6 Step left foot next right, rock right foot to right side, recover on left
- 7&8 Cross right foot over left, step right next to left, cross right foot over left

BRUSH ¼ LEFT-STEP, ROCK STEP RIGHT, ¼ TURN-BRUSH, CROSS UNWIND(½ RIGHT)

- 1-2 Brush left foot ¼ to left side, step left foot forward
- 3-4 Rock right foot forward, recover on left
- 5-6 Step right foot ¼ turn right, brush left on place
- 7-8 Cross left over right, unwind ½ turn over right shoulder

PART B

STEP-STEP, COASTER STEP, STEP-STEP, COASTER STEP

- 1 Step right foot diagonal right forward and cross your right arm with fist on your trunk
- 2 Step left foot diagonal left forward and cross your left arm with fist on your trunk
- 3&4 Step right foot back, step left on right, step right foot forward
- 5 Step left foot diagonal left forward and cross your left arm with fist on your trunk
- 6 Step right foot diagonal right forward and cross your right arm with fist on your trunk
- 7&8 Step left foot back, step right on left, step left foot forward

ROCK FORWARD RIGHT, ROCK BACK RIGHT, ROCK SIDE RIGHT-STEP, ROCK FORWARD LEFT ROCK BACK LEFT, ROCK SIDE LEFT-STEP (WITH HANDS IN YOUR HIP)

- 1&2& Rock right foot forward, recover on left, rock right foot back, recover on left
- 3&4 Rock right foot to right side, recover on left, step right foot on left
- 5&6& Rock left foot forward, recover on right, rock left foot back, recover on left
- 7&8 Rock left foot to left side, recover on right, step left foot on right

REPEAT