

5 Word Cha

拍数: 32 墙数: 4 级数: Beginner
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音乐: I'm Giving You Up - Gloria Estefan



SIDE SKIRT MORE RECOVER, TAP TAP STEP FORWARD, ½ PIVOT TURN RIGHT, FORWARD SHUFFLE

- 1 Left foot step to the left
- 2-3 Right foot step back (raise left foot slightly), shift weight forward onto left foot
- 4& Right foot tap twice in front
- 5 Right foot step forward
- 6-7 Left foot step forward and turn ½ to the right
- 8&1 Left foot step forward, right foot step beside left foot, left foot step forward

TOUCH, MONTEREY ½ RIGHT, SIDE SKIRT MORE RECOVER, BAKE MORE RECOVER, FORWARD SHUFFLE

- 2 Tap right foot forward
- 3 Turn ½ to the right on the left foot and step right foot to the left foot
- 4&5 Left foot step to the left (raising the right foot slightly), shift weight back onto right foot, step left foot beside right foot
- 6-7 Right foot step back (raising the left foot slightly), move weight forward onto left foot
- 8&1 Right foot step forward, left foot step beside right foot, right foot step forward

TAP STEP X'S 2, FORWARD SKIRT MORE RECOVER, ¼ TURN LEFT, SIDE SKIRT MORE RECOVER, CLOSE

- 2-3 Left foot tap beside right foot, left foot step diagonally left forward
- 4-5 Right foot tap beside left foot, right foot step diagonally right forward
- 6-7 Left foot step forward (raising right foot somewhat), shift weight back on right foot
- 8& Turn ¼ to the left on right foot and step the left foot to the left (slightly raising the right foot), shift weight back on right foot
- 1 Left foot step beside right foot

FORWARD SKIRT MORE RECOVER, BEHIND SIDE CLOSE, SIDE MORE TOGETHER, LEFT CHASSE

- 2-3 Right foot step forward (raise left foot somewhat), shift weight back on left foot
- 4&5 Right foot step crossed behind the left foot, left foot step to the left, right foot step beside left foot
- 6-7 Left foot step to the left, right foot step beside left foot
- 8& Left foot step to the left, right foot step beside left foot

REPEAT