

Dynamo

拍数: 48 墙数: 4 级数: Intermediate/Advanced
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音乐: A Day In The Life - River Road



1-2 Stomp right foot twice
3 Touch right toe to right side
4 Make ½ turn to right on ball of left foot and step right beside left
5-6 Touch left toe to left side; close
7&8 Right kick ball-change

1&2 Shuffle forward right-left-right
3-4 Rock forward left; recover back right
5&6 Shuffle backward left-right-left
7-8 Step right foot back making ½ turn right; step left beside right

HEEL/TOE SWIVELS TRAVELING LEFT

1 With weight on right toe and left heel move toes out
2 With weight on left toe and right heel move toes in
3 With weight on right toe and left heel move toes out
4 With weight on left toe and right heel move toes in

TRAVELING RIGHT

5 With weight on left toe and right heel move toes out
6 With weight on right toe and left heel move toes in
7 With weight on left toe and right heel move toes out
8 With weight on right toe and left heel move toes in

SCISSORS

1 Step left behind right
&2 Step right to right side (&); cross left over right (2)
&3 Step right to right side (&); extend left heel forward (3)
&4 Step left to left side (&); cross right over left (4)
&5 Step left to left side (&); extend right heel forward (5)
6 Brushing foot against floor, kick right foot back (bending knee), while turning ¼ to left on left foot
7&8 Right kick ball-change

1-2 Kick right foot forward twice
3-4 Cross right foot over left; unwind ½ turn to left
5&6 Shuffle left-right-left to left side
7-8 Rock back right; recover forward left

1&2 Shuffle right-left-right to right side
3-4 Rock back left; recover forward right
5-7 Walk forward left, right, left
8 Kick right foot forward

REPEAT