

Cruise Control

拍数: 56 墙数: 0 级数:
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音乐: Walkin' On Me (He Man Mix) - Big House



STOMP, KICK, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD

1-2 Stomp left next to right, kick left forward
3&4 Left shuffle traveling back
5-6 Step back on right, step forward on left
7&8 Right shuffle forward

LEFT VINE, ¼ JAZZ BOX

1-2 Step left, step right behind left
3-4 Step left, brush right next to left
5-6 Step right in front of left, step back on left
7-8 (Turning ¼ to the right to face OLOD) step forward on right, brush left next to right

ROCK STEP, WALK, WALK, STEP PIVOT ¼ 2X

1-2 Step forward on left, step back on right
3-4 Step forward on left, step forward on right
5-6 Step forward on left, pivot ¼ right (facing RLOD)
7-8 Step forward on left, pivot ¼ right (facing ILOD)

STEP, CROSS BEHIND, SIDE SHUFFLE, CROSS ROCK, SHUFFLE ½

1-2 Step left, cross right leg behind left & slap right heel with left hand
3&4 Right side shuffle
5-6 Step left in front of right, step back on right
7&8 Left shuffle turning ½ left(facing OLOD)

STEP, CROSS BEHIND, SIDE SHUFFLE, CROSS ROCK, SHUFFLE ¼

1-2 Step right, cross left leg behind right & slap left heel with right hand
3&4 Left side shuffle
5-6 Step right in front of left, step back on left
7&8 Right shuffle turning ¼ right (facing RLOD)

STEP, PIVOT, SHUFFLE, STEP, TOUCH, 3 CLAPS

1-2 Step forward on left, pivot ½ right (facing LOD)
3&4 Left shuffle forward
5-6 Step back on right, touch left toe across & in front of right
7&8 Clap hands 3 times (7&8)

FOUR SHUFFLES FORWARD

1&2 Left shuffle forward
3&4 Right shuffle forward
5&6 Left shuffle forward
7&8 Right shuffle forward

REPEAT