

Chained

拍数: 32 墙数: 4 级数: Beginner
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音乐: Chains - Tina Arena



TOE TOUCHES WITH HIP BUMPS, TOE TAP, STEP, 360 COASTER STEP

1-2 Point right toe to right side and bump hip at same time, step right forward
3-4 Point left toe to left side and bump hip at same time, step left forward
5-6 Tap right toe behind left, step right back
7&8 Step left back $\frac{1}{2}$ turn left, step right back $\frac{1}{2}$ turn left, step left forward

SHUFFLE, STEP, PIVOT, CROSSING WALKS

1&2 Shuffle forward right, left, right
3-4 Step left forward, pivot $\frac{1}{2}$ right
5-6 Step left forward and across right, step right forward and across left
7-8 Repeat 5-6

TOE HEEL STRUTS, MONTEREY TURN

1-2 Touch left toe to left, press left heel down
3-4 Touch right toe across left, press right heel down
5-6 Point left toe to left, turn $\frac{1}{2}$ to left
7-8 Point right toe to right, step right next to left

STEP, DRAG, TOUCH, ROCK STEP, $\frac{1}{2}$ TURN SWEEP, $\frac{1}{4}$ TURN SWEEP

1-2 Step left to left, drag right next to left and touch
3-4 Rock back on right, replace to left
5-6 Sweep right $\frac{1}{2}$ turn to left, step right down
7-8 Sweep left $\frac{1}{4}$ turn to right, step left down

REPEAT
