

Chains

拍数: 60 墙数: 2 级数:
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音乐: Take These Chains from My Heart - Lee Roy Parnell



CROSS, CROSS, SHUFFLE

1 Cross right foot over left
2 Cross left over right
3&4 Shuffle right, left, right
(Swivel and move hips with steps 1&2)

CROSS, CROSS, SHUFFLE

5 Cross left over right
6 Cross right over left
7&8 Shuffle left, right, left
(Swivel and move hips with steps 5&6)

ROCK, RECOVER, SHUFFLE

9 Rock forward on right
10 Recover on left
11&12 Shuffle right, left, right

ROCK, RECOVER, SHUFFLE

13 Rock back on left
14 Recover on right
15&16 Shuffle left, right, left

ROCK, RECOVER, STEP, ROCK, RECOVER, STEP, REPEAT

17 Rock to the right
18 Recover on left
19 Step on right
20 Rock to the left
21 Recover on right
22 Step on left
23 Rock to the right
24 Recover on left
25 Step on right
26 Rock to the left
27 Recover on right
28 Step on left

SIDE, CROSS, SHUFFLE

29 Step to the right
30 Bring left foot in back of right
31&32 Shuffle step right, left, right

SIDE, CROSS, SHUFFLE

33 Step to the left
34 Bring right foot in back of left
35&36 Shuffle step left, right, left

HIP SHAKES

37-38 Shake hips to the right 2 times
39-40 Shake hips to the left 2 times
41-44 Shake hips right, left, right, left

SIDE, CROSS, PIVOT ½, SHUFFLE, GRAPEVINE LEFT, TOUCH

45 Step to the right
46 Bring left foot in back of right, turn ½
47&48 Shuffle right, left, right
49 Step left on left foot
50 Cross right foot behind left foot
51 Step left on left foot
52 Touch right foot beside left foot

STRUT, CLAP, STRUT, CLAP, STRUT, CLAP, STRUT, CLAP

53 Strut forward right
54 Clap
55 Strut forward left
56 Clap
57 Strut forward right
58 Clap
59 Strut forward left
60 Clap

REPEAT
