

Cheap Talk

拍数: 32 墙数: 0 级数:
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音乐: Girl Talk - TLC



WALK, WALK, ¼ TURN LEFT, BUMP ¼ TURN, TRIPLE ½ TURN, ANKLE BREAKS, STEP, SLIDE

- 1-2 Walk forward left, walk forward right
3&4 Making ¼ right swing left leg to side bump hips left, bump hips right, left foot down making ¼ turn right bump hips back
5&6 Triple ½ turn right (on spot) stepping right, left, right
&7 Cross left over right ankle break to right, ankle break to left
&8 Long step back, drag left foot back to right

STEP ¼ TURN LEFT, STEP-TURN-STEP, ½ TURN STEP BACK, ¼ TURN STEP SIDE, CROSS, TOUCH, KICK-BALL-TOUCH

- 1 Step left foot to left side making ¼ turn left
2&3 Step forward right, pivot ½ turn left, step forward right
4 Making ½ turn right step back on left
5&6 Step right to right making ¼ turn right, cross left over right, touch right foot to right
7&8 Kick right foot to left diagonal, step right next to left, touch left foot to left. (bump hip right)

KICK-BALL-CROSS, STEP BACK ¼ TURN, BALL ¾ TURN, STEP, STEP-DRAG, STEP ½ TURN

- 1&2 Kick left foot to left diagonal, step left next to right, cross right over left
3&4 Make ¼ turn right stepping back on left foot, on ball of left foot turn right ¾, step right over left
5-6 Long step left to left side, drag right foot together. (styling: sway hips left, right, left)
7&8 Step right foot forward (bump hips forward), make ½ turn left (bumping hips forward and back)

MAMBO ROCKS ½ TURN, STEP, HOOK, ¼ TURN, STEP-LOCK, STEP, ½ TURN, STEP

- 1&2&3 Turnout left foot ¼ turn left, lock right behind left, turn out left foot ¼ turn left, lock right behind left, slight left step forward
4-5 Step right to right side, hook left foot in front of right leg
&6 Making ¼ turn left step left foot forward, lock right behind left
7&8 Step forward left foot, on ball of left foot ½ turn left stepping forward on right

REPEAT

RESTART

After count 16 on walls 2, 4, and 6 only.