

Bring It On

拍数: 32 墙数: 4 级数: Improver
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音乐: Bring It On - The Deans



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- 1-2 Right foot step & rock forward, rock back onto left
3&4 Make ¼ turn right into right shuffle (right-left-right) to right
5-6 Left foot cross over front of right, right foot step right
7-8 Left foot cross behind right, right foot step right
- 9-10 Left foot cross & rock over front of right, rock back onto left
11&12 Left shuffle (left-right-left) to left
13-14 Right foot cross over front of left, left foot step left
15-16 Right foot cross behind left, left foot step into ¼ turn left
- 17&18 Right shuffle (right-left-right) forward
19-20 Left foot step forward, make ¾ turn right
- 21&22 Left shuffle (left-right-left) to left
23&24 Right foot step & rock back, rock forward onto left
- 25-26 Right heel forward, right foot step slightly back & extend left heel
27&28 Left foot step slightly back & move forward into right shuffle(right-left-right) forward
- You will move forward on these four counts**
29-32 Repeat 25-28 leading with left foot

REPEAT
