

Borat

拍数: 64 墙数: 0 级数:
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音乐: Eu Vin Acasa Cu Drag - Stefan de la Barbulesti



Facing LOD

- 1-2 Kick right forward, step forward onto right foot
- 3-4 Kick left forward, step forward onto left foot
- 5-6 Step forward on right foot, hold
- 7-8 Rock back on left, rock forward on right
- 9-10 Step forward on left, hold
- 11-12 Walk forward right, walk forward left
- 13-16 Turn ¼ left and step right to right, left behind right, right to right, left in front of right

Facing ILOD

- 17-32 Repeat 1-16

Facing RLOD

- 1&2 Step side right, together left, side right
- 3&4 Step together left, side right, together left
- 5&6 Step forward on right, hop on right twice

On the hops, make a total of ½ turn to right to face LOD

- 7&8 Step side left, step right foot across left (sharply lifting left foot), step left foot in place
- 9-10 Step right to right, step left across right
- 11&12& Step right to right, left behind right, right to right, left across right
- 13&14 Turn ¼ right and step forward on right (OLOD), hop on right twice

On the hops, make a total of ½ turn to right to face ILOD

- 15&16 Step side left, step right foot across left (sharply lifting left foot), step left foot in place
- 17-32 Repeat 1-16

Facing ILOD

- 1-2 Step right to right, hold
- 3-4 Step left behind right, step right to right
- 5-6 Step left over right, hold
- 7-8 Step right to right, step left over right
- 9-10 Step right to right, hold
- 11-12 Step back on left, rock forward on right (arms swing down)
- 13-14 Step left to left, hold
- 15-16 Step back on right, rock forward on left (arms swing down)

Lifting arms up, elbows bent

- 17-18 Rock forward on right, rock back on left
- 19-20 Rock back on right, rock forward on left
- 21-24 Step forward on right, hold, point left toe to center, hold
- 25-28 Step back with left, hold, step back with right, hold
- 29-32 Step side left, step right foot across left (sharply lifting left foot), step left foot in place, hold
- 32-64 Repeat 1-32

REPEAT