

Blast-Off!

拍数: 32 墙数: 4 级数:
编舞者: Sandy Hawkins (AUS)
音乐: One Way Ticket To The Moon (Remix) - Boney M



FORWARD LEFT, FULL TURN RIGHT, SHUFFLE FORWARD, ROCK REPLACE, LOCK SHUFFLE BACK

1-2 Step forward left, full turn right on right foot, leaving weight on right
3&4 Shuffle forward (left, right, left)
5-6 Rock forward right foot, replace weight back onto left
7&8 Lock shuffle back (right, left, right) - step back right, cross left in front, step back right

PUSH SIDE ROCK, BEHIND, SIDE, CROSS SHUFFLE, SIDE ROCK, COASTER KICK

1& Push side rock left, replace weight to right side
2& Cross left behind, step right to right side
3&4 Cross shuffle (left, right, left) - step left over right, step right to side, cross left in front
5-6 Side rock right, replace weight to left side
7&8 Step back on right, step together left, kick right forward

SHUFFLE FORWARD, SIDE LEFT COASTER, BACK, ¼ LEFT, FORWARD RIGHT COASTER

1&2 Shuffle forward (right, left, right)
3&4 Step left to side, step right together, step back on left (left coaster)
5-6 Step back on right, turn ¼ left and step left to side
7&8 Step forward right, step left together, step back right (right coaster)

REVERSE SAMBAS, BACK ROCK, ½ PIVOT RIGHT

1&2-3&4 Traveling back, side rock left, step ball of right to center, cross left behind right, side rock right, step ball of left to center, cross right behind left
5-6 Rock step back on left, replace weight forward onto right
7-8 Step forward left, ½ pivot right, weight on right

REPEAT
