

Blindsided

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Blindsided - Lucy Woodward



RIGHT KICK-RETURN-STEP, LEFT KICK-RETURN-STEP, RIGHT TOE POINT TO RIGHT, FULL MONTEREY TURN TO RIGHT, LEFT ROCK STEP STEP

- 1&2 Kick right foot forward, return and step down
- 3&4 Kick left foot forward, return and step down
- 5-6 Point right toes to right, make full Monterey turn to right
- 7&8 Rock left foot to left, step down on right foot, step forward on left foot

STEP RIGHT FORWARD, STEP LEFT BEHIND RIGHT, TRIPLE FORWARD RIGHT-LEFT-RIGHT, STEP LEFT FORWARD, ½ TURN TO RIGHT, LEFT ROCK STEP STEP

- 1-2 Step forward on right foot, step left foot behind right (5th position)
- 3&4 Triple forward right-left-right
- 5-6 Step forward on left foot, make a ½ turn to right
- 7&8 Rock left foot to left, step down on right foot, step forward on left foot

WEAVE RIGHT-LEFT

- 1&2 Step right foot to right, step left foot behind right, step right foot to right
- &3&4 Cross left foot over right, step right foot to right, step left foot behind right, point right toes to right
- 5&6 Step right foot behind left, step left foot to left, cross right foot over left
- &7-8 Step left foot to left, step right foot behind left, point left toes to left

STEP LEFT, POINT RIGHT, STEP RIGHT, POINT LEFT, STEP LEFT, LOCK RIGHT IN FRONT OF LEFT, ANKLE BREAKERS RIGHT-LEFT-RIGHT-CENTER, EXTEND RIGHT ARM STRAIGHT UP AND LOOK UP

- 1-2 Step forward on left foot, point right toes to right
- 3-4 Step forward on right foot, point left toes to left
- 5-6 Step forward on left foot, lock right ankle in front of left
- &7&8 Rock ankles right-left-right-center shifting weight to left foot, extend right arm straight up while looking up

RIGHT TOE TOUCH WITH ¼ TURN RIGHT, STEP FORWARD, LEFT TOE TOUCH WITH ½ TURN LEFT, STEP FORWARD, PRESS RIGHT FORWARD, PUSH BACK, RIGHT TOE POINT, ¼ TURN RIGHT

- 1-2 Touch right toes to right making a ¼ turn right, step down on right foot
- 3-4 Touch left toes to left making a ½ turn left, step down on left foot
- 5-6 Press forward on right foot, push back on right foot
- 7-8 Touch right toes next to left, make a ¼ turn to right (keep weight on left foot)

This is where you restart for the 2nd wall only

TRIPLE FORWARD RIGHT-LEFT-RIGHT, LEFT TOE POINT FORWARD, STEP BACK, TRIPLE BACKWARD RIGHT-LEFT-RIGHT, ¼ TURN LEFT STEPPING BACK ON LEFT FOOT, RIGHT TOE POINT TO RIGHT

- 1&2 Triple forward right-left-right
- 3-4 Point left toes forward while leaning upper body back, step left foot back; straighten body and take weight
- 5&6 Triple backward right-left-right
- 7-8 Make ¼ turn to left stepping left foot back, point right toes to right while crossing palms in front of stomach then extend arms to the side

REPEAT

RESTART

Restart after 40 counts for 2nd wall only
