

Bhangra Knights

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Bhangra Knights vs. Husan - Husan



ROCK, SAILOR, CROSS ROCK, ¼ TURN, ¼ TURN WITH POINT

1-2 Rock right to right, recover on left
3&4 Step right behind left, step left to left, step right to right
5-6 Rock left across right, recover on right
7-8 Making ¼ turn left step left forward, making ¼ turn left point right to right

CROSS ROCK, SIDE, TOGETHER, BACK, DRAG, KICK-BALL-STEP

9-10 Angling body towards left diagonal rock forward on right, recover on left
11-12 Angling body towards right diagonal step right large step right, step left beside right
13-14 Still angling towards right diagonal step right large step back, drag left towards right
&15&16 Quick step left beside right and straighten up to wall (6:00), kick right across left, step right in place, step left forward

HITCH, ¼ TURN, HITCH, DIP, HIP BUMPS, HITCH-BACK-BACK

17-18 Hitch right knee, keeping weight on left make ¼ turn right and hitch right knee
19-20 Step right large step to right side bending knees, drag left beside right straightening knees
21-22 Bump hips left, bump hips right

During counts 19-22, hands are palm to palm ('prayer' position) in front of chest. On hip bumps move hands slightly to left and then slightly to right to mirror hip movements.

&23 Transfer weight to left, small hitch with right knee
&24 Step right back, step left back

ROCK, STEP, ½ TURN WITH HITCH, SIDE, DRAG, STEP, DIAGONAL ROCK, STEP

25-26 Rock back on right, recover forward on left
27-28 Step right forward, make ½ turn left and hitch left knee
29-30 Step left large step left, drag right towards left
&31-32& Step right beside left, rock left diagonally back left, recover weight forward on right, step left beside right

REPEAT
