Baha Holiday



拍数: 32 墙数: 4 级数: Intermediate

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音乐: Break Away - Baha Men



SWAY, SWAY, SIDE SHUFFLE, CROSS, TURN ¾, SHUFFLE FORWARD

1-2 Rock step right out to right side, rock weight to left side on left

3&4 Side shuffle to right side: right, left, right

5-6 Cross rock left foot over right, pivot ³/₄ to right (weight on right)

7&8 Lock step diagonally forward and to left (left, right, left)

KICK AND CROSS, UNWIND ½ & CROSS SHUFFLE, SIDE ROCK & CROSS, STEP BACK, STEP TOGETHER

1&2 Kick right diagonally forward to right, step right slightly to right side, cross step left over right

& Unwind ½ turn to right (weight shifts to left foot),

3&4 Cross right over left and shuffle to left side right, left, right

5&6 Rock out to left side on left, rock back to right, cross left over right

7-8 Step back on right, step left next to right

MAMBOS FORWARD, STEP, PIVOT, SKATE, SKATE

Rock to right side on right foot, recover weight to left foot, step forward on right foot Rock to left side on left foot, recover weight to right foot, step forward on left foot

5-6 Step forward on right foot, pivot ½ left onto left foot

7-8 Skate forward right, left

SHUFFLE FORWARD, ROCK & PIVOT ½ LEFT, FULL WALK-AROUND TURN, FULL PADDLE TURN

1&2 Forward shuffle: right, left, right

Rock forward on left foot, recover weight to right foot, pivot ½ left stepping forward on left foot 5-6 Pivot ½ turn left stepping back on right foot, pivot ½ turn left stepping forward on left foot

Easier "no turn" option: walk forward right, left

&7&8 Push off with ball of right, pivot ½ turn left (weight left), push off with ball of right, pivot ½ turn

left (weight left)

REPEAT