

Acapella

拍数: 32 墙数: 2 级数: Improver
编舞者: Philip Osmond (AUS)
音乐: Hold Me - Cartoons



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- 1&2-3-4 Step left to left, step right together, step left to left side, step right back and behind left, rock onto right, return rock on left
- 1&2-3-4 Step right to right, step left together, step right to right side, step left back and behind right, rock onto left, return rock on right
- 1-2-3-4 Short left heel forward, (heel inline with right toe about 20cm/8" apart) slide right to touch left heel, back left toe (level with right heel about 20cm/8" apart), slide right to left toe
- &1&2&3-4 Short left heel forward, (heel inline with right toe about 20cm/8" apart) slide right to touch left heel, back left toe (level with right heel about 20cm/8" apart), slide right to left toe, left heel forward, (heel in line with right toe about 20cm/8" apart) slide right to left heel, left back together (weight on left)
- 1-2-3-4 Short right heel forward, weight on right heel, (heel inline with left toe about 20cm/8" apart) slide left to touch right heel, back right toe (level with left heel about 20cm/8" apart), slide left to right toe
- 1-2-3-4 Step forward right turning $\frac{1}{4}$ right (facing 3:00), forward left, pivot $\frac{1}{2}$ right (facing 9:00) right knee lift, kick right foot forward
- 1-2 Cross right over left, unwind $\frac{3}{4}$ left, (facing 12:00)
- 1-2-3-4 (With palms of hands on front of thighs) step left to side while slightly bending at the knees and dropping left shoulder, slide right to left while straightening knees and shoulders. Step left to side while slightly bending at the knees and dropping left shoulder, slide right to left while straightening knees and shoulders
- 1-2 Cross left over right, step right to right side lifting left off the floor and swing left pivoting on right $\frac{1}{2}$ left (keep left foot off the floor)

REPEAT

Optional hand movements: when left heel forward, left arm bent forward at elbow, when left toe back, right arm bent forward at elbow. Shimmies can be also done with these steps
