

Looking For Ticks

拍数: 32 墙数: 4 级数: Improver
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音乐: Ticks - Brad Paisley : (CD 5th Gear)



Start on word "Sip"

Or any easy paced cha cha tracks

- Section 1** **Rock Right to side, recover. Cross shuffle. Rock left to side. Syncopated weave to right**
1, 2 Rock right foot to side, recover weight onto left..
3 & 4 Cross right in front of left, step left foot to left, cross right foot in front of left (cross shuffle)
5, 6 Rock left foot to left, recover weight on to right..
7 & 8 Step left behind right, step right foot to right, cross left in front of right.
- Section 2** **Rock right to side, recover, sailor 1/4 turn (right). Rock fwd left, recover, left coaster step.**
1,2 Rock right foot to right, recover weight onto left.
3 & 4 Right rondo turning 1/4 to right, stepping back on right, together left, slightly fwd with right (1/4 sailor turn)
5, 6 Rock forward with left,. recover weight onto right.
7 & 8 Step back left, together with right, step slightly fwd with left (coaster).
- Section 3** **Rock fwd right, recover, 2 x shuffle 1/2 turns (back), rock back right. recover.**
1,2 Rock fwd with right, recover weight onto left.,
3 & 4 Turn 1/2 to right on a R.L.R. (shuffle 1/2 turn).
5 & 6 Turn 1/2 to right on a L.R.L. (shuffle 1/2 turn)
7, 8 Rock back on right, recover weight onto left.
- Section 4** **2 x Shuffle 1/2 turns (fwd). Step fwd right, pivot half turn left, Right kick ball change.**
1 & 2 Turn 1/2 turn to left on R.L.R. (shuffle 1/2 turn).
3 & 4 Turn 1/2 turn to left on L.R.L. (shuffle 1/2 turn).
5, 6 Step fwd with right, pivot 1/2 turn to left (keep weight on left).
7 & 8 Small kick fwd with right, step right next to left, transfer weight onto left (kick ball change)

Repeat