

Lets Switch

拍数: 32 墙数: 2 级数: Beginner
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音乐: Switch - Will Smith



Kick, Steps X4, Kick, Steps Traveling X4, Rock & Cross

&1 Kick RF Fwd (&), Step RF down (1).
&2 Kick LF Fwd (&), Step LF down (2).
&3 Kick RF Fwd (&), Step RF down (3).
&4 Kick LF Fwd (&), Step LF down (4).
&5 Kick RF to R Side (&), Step RF to R side (5).
&6 Kick LF across RF (&), Step LF across RF (6).
&7&8 Kick RF to R side (&), Rock RF to R side (7), Recover weight to LF (&), Cross RF over LF (8).

& Cross, Hold, & Cross X2, Rock & Together, & Fwd & Back turning ½ L.

&1 Step LF to L side (&), Cross RF over L (1).
2 Hold position (2).
&3 Step LF to L side (&), Cross RF over LF (3)
&4 Step LF to L side (&), Cross RF over LF (4)
5&6 Rock LF to L side (5), Recover weight to RF (&), Step LF to RF (6).
&7&8 Step RF Fwd to R diag (&), Step LF Fwd to L diag (7), Step RF back to Centre, Step LF next to RF (&8) Turning ½ to L.

& Fwd & Back turning ½ L, Step RF, Clap X2, Step LF Clap X2, Knee Rolls.

&1&2 Step RF Fwd to R diag (&), Step LF Fwd to L diag (1), Step RF back to Centre, Step LF next to RF (&2) Turning ½ to L.
&3,4 Step RF Fwd to R diag (&), Clap hands (3), Clap Hands (4).
&5,6 Step LF Fwd to L diag (&), Clap hands (5), Clap Hands (6).
7,8 Roll L knee round to L (7), Roll L knee round to L (8).

Cross, Side, Back, Hitch, Back, Side, Fwd, Fwd Step Together & Hitch X3.

1&2 Cross RF over LF (1), Step LF to L side (&), Turn ¼ R, Step RF back (2).
&3&4 Hitch L knee (&), Step LF back (3), Step RF to R side (&), Turn ¼ R, Step LF Fwd (4).
5,6 Step RF Fwd (5), Step LF to R, Hitch R knee (6).
&7&8 Step RF Fwd (&), Step LF to R, Hitch R knee (7), Step RF Fwd (&), Step LF to R, Hitch R knee (8).