

Dance Zone

拍数: 32 墙数: 4 级数: Beginner
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音乐: Despre Tine - O-Zone



Start 68 counts in on the lyrics; you will hear the music change 4 counts before the lyrics start.

(CD Disco Zone is available at www.amazon.com but contact me if you have trouble getting the music); 'Getaway' by Colin Amey
(CD Getaway available at <http://www.colinamey.com>)

WALK FORWARD x3, TOUCH SIDE LEFT, WALK BACK x3, TOUCH SIDE RIGHT

1-2 Walk forward, right, left
3-4 Walk forward right, touch left toe to left side
5-6 Step back left, right
7-8 Step back left, touch right toe to right side

(Option: 5-6 Step back left turning 1 /2 turn left, step forward right turning 1 /2 turn left)

STOMP FORWARD, HOLD, SHUFFLE FORWARD, STOMP FORWARD, HOLD, SHUFFLE FORWARD

9-10 Stomp right forward making 1/4 turn right to 3 o'clock wall, hold (Attitude move!)
11&12 Turn 1/4 turn left to 12 o'clock wall, shuffle forward, l,r,l
13-14 Stomp right forward making 1/4 turn right to 3 o'clock wall, hold (Attitude move!)
15&16 Turn 1/4 turn left to 12 o'clock wall, shuffle forward, l,r,l

1/4 PIVOT LEFT x2, SHUFFLE FORWARD, ROCK FORWARD

17-18 Step forward on right, pivot turn 1/4 left (Option: roll your hips on the turn or clap)
19-20 Step forward on right, pivot turn 1/4 left (Option: roll your hips on the turn or clap)
21&22 Shuffle forward right, r,l,r
23-24 Rock forward on left, recover on right

SHUFFLE BACK, ROCK BACK, CROSS 1/4 TURN RIGHT, STEP BACK, SWAYS

25&26 Shuffle back, l,r,l
27-28 Rock back on right, recover on left
29-30 Cross right over left making 1/4 turn right, step left back
31-32 Step right to right side swaying hips right, sway hips left (weight on left)

Alternative for counts 23-26

23-24 Step forward on left, pivot 1 /2 turn right,
25&26 Shuffle 1/2 turn right, l,r,l

Have Fun with this Dance - you could even try it contra!