

Dance!

拍数: 32 墙数: 4 级数: Beginner
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音乐: Everybody Dance - Lemon Ice



Rock Step together, Rock Step together, Kick ¼ turn R, Heel swivels

1&2 RF rock step fwd, step together
3&4 LF rock step back, step together
5&6 RF kick fwd. and turn ¼ right and hitch knee, step together
7&8 Heel swivels L-R, back to the centre

Slide Back, Run, Run, Run, Hold, Step, Point To The Side, Cross

1-2 RF slide back (LF- Toes up), hold
3&4 LF walk back, RF walk back, LF walk back
5-6 Rock weight to the RF, LF step fwd.
7-8 RF point to the R side, Cross RF over LF

Point, Cross , Point, Hitch, ¼ turn, Together, Hold, Rock Step, 3x Skates

1-2 LF Point to the L side, Cross
3&4 RF point to the R side, turn ¼ to the R and hitch R knee, together, hold
5&6 LF rock step to the L side, together (both hands push away from the floor)
7&8& RF Skate to the R, LF Skate to the L, RF Skate to the R, weight to LF

Triple Step, Step fwd. , Hold, Bouncing Knees, Sweep ¼ Turn, Touch

1&2 RF triple step to the R side
3-4 LF step fwd., hold
5-6 2 X bouncing both knees
7-8 RF sweep and make a ¼ turn to the L, touch RF next to LF

Begin again.

One Tag, after the 2nd Wall:

Grapevine with ¼ Turn, Heel, Heel, Cross Undwind Full Turn

1-2 RF step to the side, LF cross behind RF
3-4 RF ¼ turn R, LF together
5&6& R Heel fwd, step together, L Heel fwd, step together
7&8 RF cross over LF, full turn over left shoulder

Point, Point, Sailor Step, ¼ Turn, ¼ Turn

1-2 LF Point fwd., LF Point to the L side
3&4 LF Sailor step with ¼ turn left
5-6 RF step fwd, ¼ turn to the left side (weight on RF)
7-8 LF step fwd, ¼ turn to the right side (weight on LF)

DANCE AND FEEL IT!
