

Foundations

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Foundations - Kate Nash : (CD: Made Of Bricks)



Intro: 12 secs.

Rock and cross HOLD, Rock and cross HOLD,

1-2 Step R to R side, Recover weight back on to L,
3-4 Cross R over L, HOLD for count 4,
5-6 Step L to L side, Recover weight back on to R,
7-8 Cross L over R, HOLD for count 8,

Kick and point HOLD, Kick and point HOLD,

1-2 Kick R forward, Close R next to L,
3-4 Point L to L side, HOLD for count 4,
5-6 Kick L forward, Close L next to R,
7-8 Point R to R side, HOLD for count 8,

Cross, side, behind, side, Cross Rock Side, HOLD,

1-2 Cross R over L, Step L to L side,
3-4 Step R behind L, Step L to L side,
5-6 Cross R over L, Recover weight back on to L,
7-8 Step R to R side, HOLD for count 8,

Cross, side, behind, side, Cross Rock Side, HOLD,

1-2 Cross L over R, Step R to R side,
3-4 Step L behind R, Step R to R side,
5-6 Cross L over R, Recover weight back on to R,
7-8 Step L to L side, HOLD for count 8

Step, Pivot Turn, Right Lock Step, Step Pivot Turn, Step,

1-2 Step R forward, Pivot 1/2 L on ball of L foot,
3-4 Step R forward, Lock L behind R,
5-6 Step R forward, Step L forward,
7-8 Pivot 1/2 R on ball of R foot, Step L forward,

Right Lock Step, Step Pivot Turn, Step Point, ¼ turn,

1-2 Step R forward, Lock L behind R,
3-4 Step R forward, Step L forward,
5-6 Pivot 1/2 R on ball of R foot, Step L forward
7-8 Point R to R side, Turn 1/4 R [weight still on L foot],

Back rock, Step, HOLD, Step Pivot step, HOLD,

1-2 Step R back, Recover weight back on to L,
3-4 Step R forward, HOLD for count 4,
5-6 Step L forward, Pivot 1/2 R on ball of R foot,
7-8 Step L forward, HOLD for count 8,

Forward Rock, Back Rock, Step, Turn, into a Rock and Cross.

1-2 Step R forward, Recover weight back onto L,
3-4 Step R back, Recover weight back onto L,
5-6 Make a 1/4 turn R stepping R forward, Step L to L side

7-8

Recover weight back onto R, Cross L over R!

Begin again

Restart: On the end of wall 5 [you'll be facing the back wall] dance the first 4 sections and then start the dance again.
