

Cruisin' Cha

拍数: 32 墙数: 4 级数: Beginner
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音乐: This Time I'm Takin' My Time - Neal McCoy



Intro: 32 counts

Step, Cross Rock, Recover, Side Shuffle, Rock, Recover, Lockstep Forward

1-2-3 Step right to right side, Cross left over right, Recover
4&5 Step left to left side, Close right next to left, Step left to left side
6-7 Rock right behind left, Recover
8&1 Step right forward, Lock left behind right, Step right forward

Step, ¼ Turn, Cross Shuffle, ¾ Turn, Lockstep Forward

2-3 Step left forward, ¼ right (weight on right)
4&5 Cross left over right, Step right to right side, Cross left over right
6-7 ¼ turn left step back on right, ½ turn left step forward on left
8&1 Step right forward, Lock left behind right, Step right forward

Rock, Recover, Coaster Step, Lockstep Forward, Step, ½ Turn Step Back, Touch

2-3 Rock left forward, Recover
4&5 Step left back, Close right next to left, Step left forward
6&7 Step right forward, Lock left behind right, Step right forward
8&1 Step left forward, ½ turn right on ball of right step back on right, Touch left in front of right

Walk, Walk, ¼ Turn Side Shuffle, Cross Rock, Recover, Side Shuffle

2-3 Walk forward left, Walk forward right
4&5 ¼ Turn right step left to left side, Close right next to left, Step left to left side
6-7 Cross right behind left, Recover*
8&-1 Step right to right side, Close left next to right, Step right to right side(=1st step)

•Intermediate option

Two syncopated sailor steps

6&7 Cross right behind left, Step left to left side, Step right to right side
&8& - 1 Cross left behind right, Step right to right side, Step left to left side

Start again and let the music touch your soul
