

Apologize

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Apologize (feat. OneRepublic) - Timbaland



Intro: 16 counts.

Cross, full turn, sweep, wave, rock, basic

- 8&1 Cross Rf over L, full turn to L, sweep Lf from front to back
2&3 Step Lf behind R, step Rf to R side, cross Lf in front of Rf
4&5 Rock Rf on R diagonally forward (1:30), recover on Lf, turn ¼ turn to R (3:00), step Rf to R side
6&7 Rock Lf behind R, recover on Rf, step Lf to L side

Back, hip sways, turn, forward

- 8&1 Turn 1/8 turn to R (4:30) and step back on Rf then Lf, turn 1/8 turn to R (6:00) and step Rf to R and do a hip sway to R
2&3 Sway hips to L-R, turn ¼ turn to L (3:00) and sweep Rf back to front
4&5 Cross Rf in front of L and turn ¼ turn to R (6:00), step Lf back and turn ¼ turn R (9:00), step Rf forward
6-7 Step forward Lf-Rf

Rock, touch, turn 1/2, full turn, sailor step, side-cross, basic

- 8&1 Rock Lf forward, recover on Rf, touch Lf back
2&3 Turn ½ turn to L (3:00 weight on Lf), full turn to R (3:00 weight on Lf), sweep Rf front to back
4&5 Cross Rf behind L, step Lf to L side, step Rf to R side turn ½ turn to L
6&7 Step Lf to L side, cross Rf in front of L, step Lf to L side

Restart: 2nd wall (face 6:00) 8&1 cross right in front of L

End basic, forward, touch, turn, step turn

- 8&1 Rock Rf behind L, recover on Lf, step Rf diagonally forward
2&3 Step Lf diagonally forward (10:30), touch R toe on the back of the knee, turn 1/8 turn to L and step Rf backwards (face 9:00)
4&5 Turn ½ turn to L and step Lf forward, turn ½ turn to L and step Rf back, turn ½ turn to L and step Lf forward (face 3:00)
6-7 Step Rf forward, turn ½ turn to L, end with the weight on Lf (face 9:00)

Begin again.

Tag: after 4th wall:

- 1-2 Step Rf to R side and sway hips to R, sway hips to L (weight back to Lf; face 12:00)