

Keep It Real

拍数: 0 墙数: 0 级数: Phrased Intermediate
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音乐: Real Compared to What - Mýa : (CD: Moodring)



COUNT IN: Start 16 Counts From First Beat Of Music

A

- 1-9
1,2,3 1) Step Forward On L Foot; 2) Step Forward On R Foot; 3) Pivot 1/2 Turn L (Weight On L).
4&5 4) Make 1/2 Turn L, Stepping R Foot To Center (Next To L Foot); &) Step L Foot Out To L Side; 5) Step R Foot Out To R Side.
6,7 6) Step L Foot To Center; 7) Step R Foot Forward And Across Body On A Diagonal L [Toward 11 O'clock].
8&1 8) Rock L Foot To L Side; &) Recover To R Foot; 1) Step L Foot Forward And Across Body On A Diagonal R toward 1 O'clock].
- 10-17
2,3 2) Rock Forward On R Foot [Toward 1 O'clock]; 3) Recover To L Foot.
4&5 4) Make 1/4 Turn R, Stepping R Foot To R Side (Body Facing 5 O'clock, But Movement Will Be Toward 7 O'clock); &) Step L Foot Next To R Foot; 5) Step R Foot To R Side
6,7 6) Make 1/8 Turn To R, Stepping Forward On L Foot (Facing 6 O'clock); 7) Make A 1/2 Turn R Over R Shoulder, Stepping R Foot Next To L Foot.
8&1 8&1) Shorty George Forward L-R-L (Or Triple Forward)
- 18-25
2,3 2) Rock Forward On R Foot; 3) Making A 1/4 Turn R, Recover To L Foot.
4&5 4) Step R Foot To R Side; &) Step L Foot Next To R Foot; 5) Step R Foot To R Side.
6,7 6) Make 1/4 R, Stepping L Foot To L Side; 7) Make A 1/4 Turn R, Stepping R Foot To R Side.
8&1 8) Step L Foot Behind R Foot; &) Step R Foot To R Side; 1) Step L Foot Forward.
- 26-32&
2,3 2-3) Walk Forward R, L.
4&5 4) Step Forward On R Foot; &) Pivot 1/2 Turn To L; 5) Step Forward On R Foot.
6,7 6) Make 1/2 Turn R, Stepping Back On L Foot; 7) Make 1/2 Turn R, Stepping Forward On R Foot.
8& 8) Step Forward On L Foot; &) Bring R Foot To L Foot.

B

- &1-9
&1 &) Make 3/8 Turn L, Stepping R Foot To R Side; 1) Step L Foot Next To R Foot.
2,3 2) Start Pushing Ball Of R Foot Back; 3) Flick R Foot Back.
4&5 4&5) Make 1/8 Turn L, Tripling Forward R-L-R
6,7 6) Step Forward On L Foot; 7) Make 1/2 Turn L, Stepping Back On R Foot.
8&1 8&1) Lock Step Back L-R-L
- 10-17
2&3 2) Rock Back On R Foot; &) Recover To L Foot; 3) Step R Foot To Center. (Mambo)
4&5 4) Rock Forward On L Foot; &) Recover To R Foot; 5) Make 1/4 Turn L, Stepping L Foot To L Side.
6,7 6) Step Forward On R Foot; 7) Pivot 1/2 Turn L (Taking Weight Onto L)

- 8,1 8) Step Forward On R Foot, Prepping For A R Turn; 1) Make 1/2 Turn R, Pointing L Toe To L Side With Slightly Bent R Leg
- 18-25
- 2,3 2) Slowly Straighten R Leg, While Bringing L Foot To Center; 3) Step L Foot Across And In Front Of R Foot
- 4&5 4&5) Make 1/4 Turn R, Tripling Forward R-L-R
- 6,7 6) Step Forward On L Foot; 7) Make 1/2 Turn L, Stepping Back On R Foot.
- 8&1 8&1) Lock Step Back L-R-L
- 26-33
- 2&3 2) Rock Back On R Foot; &) Recover To L Foot; 3) Step R Foot To Center. (Mambo)
- 4&5 4) Rock Forward On L Foot; &) Recover To R Foot; 5) Make 1/4 Turn L, Stepping L Foot To L Side.
- 6,7 6) Step Forward On R Foot; 7) Pivot 1/2 Turn L (Taking Weight Onto L)
- 8,1 8) Step Forward On R Foot, Prepping For A R Turn; 1) Make 1/2 Turn R, Pointing L Toe To L Side With Slightly Bent R Leg
- 34-36&
- 2,3 2-3) Slowly Straighten R Leg, While Bringing L Foot To Center (Weight Stays On R).
- 4& 4) Step Forward On L Foot; &) Bring R Foot To L Foot.

SEQUENCE: INTRO - A (to count 32) - B - A (to count 24&) - Restart A (to count 16&) - Restart A (to count 32) - B - A - A - A - A (to count 32) - B (to count 33) - Partial B (Repeat counts 18-33) - Partial B (Dance counts 18 - 36&) - A to fade.

Good Luck!!!! And have fun!
