

Tragedy

拍数: 48 墙数: 4 级数: Improver Hip-Hop
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音乐: Tragedy - Solar Soul : (CD: 100 Ultimate Dance Hits)



(12 count intro, start on the word baby)

LT SIDE SHUFFLE, TOE TAP, HEEL TAP, RT SIDE SHUFFLE, TOE TAP, HEEL TAP

1&2 Step LT to side, Step RT next to LT, Step LT to side
3-4 Tap RT toe next to LT foot, Tap RT heel across LT foot
5&6 Step RT to side, Step LT next to RT, Step RT to side
7-8 Tap LT toe next to RT foot, Tap LT heel across RT foot

COASTER STEP, SHUFFLE STEP FORWARD, HEEL BRUSH, HEEL HOOK,

1&2 Step back on LT, Step RT next to LT, Step forward LT
3&4 Step forward RT, Step LT next to RT, Step forward RT
5&6 Step forward LT, Step RT next to LT, Step forward LT
7-8 Brush RT heel forward, Hook RT heel (foot) back and across LT leg

KICK RT FOOT FORWARD, TOUCH RT HOME, 2 COUNT BODY ROLL ¼ TURN LT, COASTER STEP, SIDE ROCK RECOVER

1-2 Kick RT foot forward, Touch RT toe next to LT foot
3-4 (2) count Body Roll ¼ turn LT (slightly bend knees and rise thru body roll while shifting weight RT)
5&6 Step back on LT, Step RT next to LT, Step forward LT
7-8 Rock to side RT, Recover back onto LT

SAILOR STEPS, STEP, HOLD, STEP, HOLD

1&2 Step RT behind LT, Step LT to side, Step RT next to LT
3&4 Step LT behind RT, Step RT to side, Step LT next to RT
5-6 Step forward RT, Hold 6
7-8 Step forward LT, Hold 8

MONTEREY TURN, CROSS STEP, STEP TOGETHER, CROSS STEP, HOLD

1-2 Touch RT toe to side, Pivot ½ turn RT while bringing RT foot next to LT
3-4 Touch LT toe to side, Step LT next to RT
5&6 Step RT over LT, Step LT to side, Step RT next to LT (syncopated)
7-8 Step LT over RT, Hold 8

SHUFFLE STEP FORWARD, STEP TURN, SHUFFLE STEP FORWARD, SIDE STEP, TOUCH

1&2 Shuffle step forward, R,L,R
3-4 Step LT forward, Pivot ½ turn RT (weight RT)
5&6 Shuffle step forward, L,R,L
7-8 Step RT to side, Touch LT toe next to RT

Start again