Countdown

拍数: 32

级数: Beginner

编舞者: Ria Vos (NL) - January 2010

音乐: DJ Don't - Gerald Levert : (Album: In My Songs)

墙数: 2

		23
		-722

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Intro: 32 counts

R Skate, L Skate, R Diagonal Shuffle, L Skate, R Skate, L Diagonal Shuffle

- 1-2 R Skate Fwd, L Skate Fwd
- 3&4 Shuffle Fwd on Right Diagonal Stepping R, L, R
- 5-6 L Skate Fwd, R Skate Fwd
- 7&8 Shuffle Fwd on L Diagonal Stepping L, R, L

R Diagonal Step Back, Touch, L Diagonal Step Back, Touch, Side Dip, 1/2 Turn Right Side Dip

- 1-2 R Step Back on Right Diagonal, Touch L Next to R (Option: Clap)
- 3-4 L Step Back on Left Diagonal, Touch R Next to L (Option: Clap)
- 5-6 Step R to Right Side Bending Knees (Dip), Rise Back Up Dragging L to R
- 7-8 Turn ½ Right Step L to Left Side Bending Knees (Dip), Rise Back Up Dragging R to L (6:00)

Jazz Box-Cross, R Side, Point Behind, L Side, Point Behind

- 1-2 Cross R Over L, Step Back on L
- 3-4 Step R to Right Side, Cross L Over R
- 5-6 Step R Long Step to Right Side, Point L Behind
- 7-8 Step L Long Step to Left Side, Point R Behind

R Side, L Together, R Shuffle Backwards, L Coaster Step, Hip Bumps

- 1-2 Step R to Right Side, Step L Next to R
- 3&4 Shuffle Backwards Stepping R, L, R
- 5&6 Step Back on L, Step R Next to L, Step Fwd on L
- 7&8& Point R Slightly Fwd Bumping Hips Fwd,-Recover-Fwd-Recover (Weight Ends on L)