

Nama-Latu

拍数: 32 墙数: 4 级数: Beginner
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音乐: Namalatu - Foco Band : (CD: Mengapa)



Intro: Start after count 32&

(1-8) Rock Fwd, Rock Side, Rock Back, Touch, Hitch, R Chasse, Kick L, L Sailor ¼, Hold

1&2& Rock R fwd, Recover on L, Rock R to R side, Recover L
3&4& Rock R back, Recover on L, Touch R next to L, Hitch R
5&6& Step R to R side , Step L next to R, Step R to R side, Kick L
7&8& Step L behind R with ¼ Turn L, Step R to R side, Step L to L side, Hold (9.00)

(9-16) Rocking Chair R Shuffle Fwd, L Hitch, L Scissor step, Hold, R Scissor step, Hold

1&2& Rock R fwd, Recover on L, Rock R back, Recover on L
3&4& Step R fwd, Step L next to R, Step L fwd, Hitch L
5&6& Rock L to L side, Recover on R, Step L across R, Hold
7&8& Rock R to R side, Recover on L, Step R across L, Hold

(17-24) ¼ Paddle Turn R, ½ Rumba Box fwd, Hold, Full Rumba Box, Hold

1&2& Step L fwd, ¼ Turn R recover on R x2 (use hips) (3.00)
3&4& Step L to L side, Step R next to L, Step L fwd, Hold
5&6& Step R to R side, Step L next to R, Step R fwd, Hold
7&8& Step L to L side, Step R next to L, Step L back, Hold

(25-32) Sailor step ¼ L, Hold, Lockstep fwd, Hold, R Chasse ¼ L, Hold, Coaster step, Hold

1&2& Step R behind L with ¼ Turn R, Step L to L side, Step R to R side, Hold (6.00)
3&4& Step L fwd, Lock R behind L, Step L fwd, Hold
5&6& Step R to R side, Step L next to R, ¼ Turn L step R back, Hold (3.00)
7&8& Step L back, Step R next to L, Step L fwd, Hold

Start Again

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