

Get on back

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Right Back To Where We Started From - Maxine Nightingale



32 Count intro, 160 B.P.M.

Cross right over left, step left to side, kick right diagonally fwd x2, rock back on right, chasse right.

1-2 cross right over left, step left to left side,
3-4 kick right leg diagonally fwd twice
5-6 rock back on right, recover on left,
7&8 chasse right, stepping right, left, right,

Diagonal toe struts with claps x3, right kick ball change.

1-2 step left toe diagonally fwd, drop left heel and clap,
3-4 step right toe diagonally fwd, drop right heel and clap,
5-6 step left toe diagonally fwd, drop left heel and clap,
7&8 kick right leg fwd, step right beside left, step left in place,

Two paddle turns, making 1/4 turn left, jazz box.

1-4 two paddle turns left of 1/8, making 1/4 turn left
5-6 cross right over left, step back on left,
7-8 step right beside left, step left in place,

Toe struts fwd x2, rocking chair.

1-2 step fwd on right toe, drop right heel,
3-4 step fwd on left toe, drop left heel,
5-6 rock fwd on right, recover on left,
7-8 rock back on right, recover on left,
