

Xandee

拍数: 48 墙数: 4 级数: Intermediate
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音乐: 1 Life - Xandee



Intro: 16 count (8 sec)

Sec 1

(1-8) Rock Fwd R, Recover, Ball, Rock Fwd L, Recover, Ball, Touch Back, Unwind ¼ Turn R, Out Back, Out Back

- 1-2 Rock forward Right, recover on Left
- &3-4 Step Right beside Left, rock forward Left, recover on Right
- &5-6 Step Left beside Right, touch back on Right toe, unwind ¼ turn Right keeping weight on Left (3.00)
- 7-8 step back Right to Right side, step Left to Left side shoulder apart (3.00)

Sec 2

(9-16) Cross Shuffle R, ¼ Turn R, Side, Cross, Point, Twist, Twist

- 1&2 Cross Right over Left, step Left to Left side, Cross Right over Left
- 3-4 Make a ¼ Right by stepping back on Left, step Right to Right side (6.00)
- 5-6 Cross Left over Right to face Right corner (7.00), touch Right toe across Left (7.00)
- 7-8 With weight on toes twist heels to Right, bring heels in place ending weight on Left (7.00)

Sec 3

(17-24) Touch, Step, ½ turn Left Touch, Step, Syncopated Rocking Chair X2

- 1-2 Still facing Right corner touch Right toe across Left, step down on Right (7.00)
- 3-4 Make a ½ turn Left to face opposite corner (1.00) touch Left toe forward, step down on Left (1.00)
- 5&6& Rock forward Right, recover on Left, rock back Right, recover on Left (1.00)
- 7&8& Make a 1/8 turn Left by Rocking forward Right (12.00), recover on Left, rock back Right, recover on Left (12.00)

Sec 4

(25-32) Cross, Unwind ¾ L, Back, Back, Down Up, ¼ Turn L & Lift

- 1-2 Cross Rf over Left, unwind ¾ Left on both feet ending weight on Left (3:00)
- 3-4 Step back on Left, step back on Right holding weight onto Right
- 5-6 Dip body down, coming up weight onto Right
- 7-8 Make a 1/8 turn Left (1:00) by stepping forward on Left, continue 1/8 turn Left and lift Right knee up (12:00) ## Restart Here 4th Wall after 32 count ##

Sec 5

(33-40) Fwd Rock, Recover, ½ Shuffle Turn R, ½ Triple Turn R, Back Rock, Recover

- 1-2 Rock forward on Right, recover on Left
- 3&4 Make a ½ turn Right (6.00) by stepping forward on Right, step Left behind Right, step forward on Right
- 5&6 Continue a ½ turn Right (12.00) by stepping back on Left, step Right beside Left, step back on Left
- 7-8 Rock Right back, recover on Left (12:00)

Sec 6

(41-48) Step Fwd, ¼ Turn R, Side, Heel, Hold, Heel Switch with ¼ Turn L, Heel, Hold, Together, ¼ Pivot Turn L

- 1-2 Step forward on Right, make a ¼ turn Right (3.00) by stepping Left to Left side
- 3-4 Bring Right heel diagonal forward (toes up) and holding weight onto Left, hold

- &5-6 Step Right back in place, make a $\frac{1}{4}$ turn Left (12.00) and bring Left heel forward (toes up), hold
- &7-8 Step Left next to Right, step forward on Right, make a $\frac{1}{4}$ Left (9.00) and take weight onto Left

Restart: 4th wall dance up to count 32 and restart facing 3 o'clock wall

Start Again

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