

Box It Up!

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Box of Secrets - Zarif : (CD Single)



(1-8) Step, Touch, Behind side cross and cross, Point, behind ¼ Step

1-2 Step forward onto right, Touch left toe in front of right
3&4 Step left behind right, Step right to right side, Cross left over right
&5-6 Step right to right side, Cross left over right, Touch right toe to right side
7&8 Step right behind left, Step forward on to left making ¼ turn left, Step forward onto right

(9-16) Step 1/2, Step 3/4, Touch and Touch, Touch coaster step

1-2 Step forward onto left, Make ½ turn right
3&4 Step forward onto left, make ½ turn left stepping back onto right, Make ¼ turn left stepping left to left side
5&6&7 Touch right next to left, Step right to right side, touch left next to right, Step left to left side, touch right next to left
&8& Step back onto right, Close left next to right, Step forward onto right

(17-24) Jazz box, Knee pop, Bump and bump, Kick and cross

1-2 Cross left over right, step back onto right
3-4 Step left to left side, Pop right knee in towards left
5&6& Bump right hip to right, Back to left, Bump hip to right, Back to left
7&8 Kick right to right side, Step right to right side, Cross left over right

(25- 32) Rock recover, Behind ¼ step, Rock recover, Behind ½ step

1-2 Rock right to right side, recover onto left
3&4 Step right behind , Make ¼ turn left stepping forward onto left, Step forward onto right
5-6 Rock forward onto left, Recover back onto right
7&8 Step back onto left, Make ½ turn right stepping forward onto right, step forward onto left

Begin Again

Restarts:

Wall 1 after count 20 (jazz box)

Wall 4 after count 20 add a 2nd jazz box then restart