

1-2-3 Count On Me

拍数: 48 墙数: 4 级数: Improver
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音乐: Count On Me - Bruno Mars : (CD: Doo-Wops & Hooligans 2010)



16 count intro (05 Sec)

Sec 1: 1-8 1/4 Turn L, Fwd, 1/2 turn L, Back, 1/4 Turn L, Side, Fwd Rock / Recover, & Cross, Point, Sailor Step with 1/4 R, Press

- 1-2& Turn 1/4 to left (9) step forward on Lf, turn 1/2 to left (3) step back on Rf, turn 1/4 to left (12) step Lf to The left weight onto Lf
3-4 Rock forward on Rf, recover on Lf
&5-6 Step Rf slightly to right, cross Lf over Rf, point Rf out to the right holding weight onto Lf
7&8 Step Rf behind Lf, step Lf to the left, turn 1/4 to right (3) press forward on Rf holding weight onto Rf

Sec 2: 9-16 Heel Twist, Recover, Lock Step Fwd, Rock / Recover, 1/2 Turn L, Fwd, 1/4 Turn L, Side Rock / Recover

- 1&2 Twist R heel to right, twist R heel back to centre, take weight back on Lf (3:00) (Recover)
3&4 Step forward on Rf, lock Lf behind Rf, step forward on Rf weight onto Rf (lock Step fwd)
5-6 Rock forward on Lf, recover on Rf
&7-8 Turn 1/2 to left (9) step forward on Lf, turn 1/4 to left (6) rock Rf to right, recover on Lf weight onto Lf

Sec 3: 17-24 Back, Down Up, & Point R, Heel Switch, & Point R, Back, Down Up, & Point R, Replace, Hip Bumps L-R-L

- 1&2& Step slightly back on Rf, dip body down, coming up, point Rf out to the right, step Rf beside Lf (6:00)
3&4& Switch L heel diagonal forward, step Lf beside Rf, point R out to the right, step slightly back on Rf
5&6& Dip body down, coming up, point Rf out to the right, step Rf beside Lf
7&8 Step Lf slightly to left bump L hip to left, bump R hip to right, bump L hip to left weight onto Lf (6:00)

Sec 4: 25-32 Sailor Step, Sailor Step 1/4 Turn R, 1/2 Pivot L, Full Turn Fwd L

- 1&2 Step Rf behind Lf, step Lf to left, step Rf to right weight onto Rf (R Sailor Step)
3&4 Step Lf behind Rf, turn 1/4 to right (9) step forward on Rf, step forward on Lf weight onto Lf (1/4 sailor R)
5-6 Step forward on Rf, making a 1/2 turn to left (3) take weight onto Lf **Tag**
7-8 Turning 1/2 left (9) step R back, turning 1/2 left (3) step L forward weight onto Lf (Full Turn L)

Sec 5: 33-40 Walk, Walk, 1/4 Turn L, Point, 1/4 Turn L, Point, Kick, Back Rock / Recover, Kick Ball Tog

- 1-2 Stepping Forward on Rf, Stepping forward on Lf weight onto Lf (Walk, Walk) (3:00)
3-4 Turn 1/4 to left touch Rf to right (12), turn 1/4 to left touch Rf to right (9)
5&6& Kick forward on Rf, step Rf back in place on ball, rock back on Lf, recover on Rf weight onto Rf
7&8 Kick forward on Lf, step Lf back in place on ball, tog Rf next to Lf holding weight onto Lf (9:00)

Sec 6: 41-48 1/4 Turn L, Side Rock / Recover, Together, Hip Roll R, Hip Roll L with 1/4 Turn L, L Rumba Box Fwd, R Rumba Box Fwd

- 1-2& Turn 1/4 to left (6) rock Rf to the right, recover on Lf, step Rf beside Lf
3-4 Step Lf slightly to left roll L hip to left, turn 1/4 to left (3) roll R hip to right take weight onto Rf

5&6 Step Lf to left, step Rf beside Lf, stepping forward on Lf weight onto Lf (L Rumba Box Fwd)
7&8 Step Rf to right, step Lf beside Rf, stepping forward on Rf weight onto Rf (R Rumba Box Fwd) (3:00)

****Tag**:** WALL 5 After 30 counts (Facing 3 o'clock)

Step Fwd, Tog

1-2 Step forward on Rf, tog Lf beside Rf holding weight onto Rf

Start Again, Enjoy!

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