

Mach

拍数: 32 墙数: 4 级数: Higher Beginner
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音乐: Mach - Rainbow



Intro: 48 counts from start of track

TOUCH R & BUMP HIPS R-L-R, BEHIND SIDE CROSS, TOUCH L & BUMP HIPS L-R-L, BEHIND SIDE CROSS

1&2 Touch R toes to right & bump hips R/L/R keeping weight on L
3&4 Step right behind left, step left to left, cross right over left
5&6 Touch L toes to left side & bump hips L/R/L keeping weight on R
7&8 Step left behind right, step right to right, cross left over right

R CHASSE, ¼ L L CHASSE, STEP, TOUCH, BACK, KICK, BACK ROCK

1&2 Step right to right, step left beside right, step right to right
3&4 ¼ turn left step left to left, step right beside left, step left to left
5&6& Step forward on right, touch left toe behind right, step back on left, kick forward on right
7-8 Rock back on right, recover onto left

HEEL SWITCHES, SIDE, DRAG, HEEL SWITCHES, SIDE, DRAG

1&2& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
3-4 Step right to right, drag left toe to right foot
5&6& Touch left heel forward, step left beside right, touch right heel forward, step right beside left
7-8 Step left to left, drag right toe to left foot

RUMBA BOX, R COASTER, FORWARD SHUFFLE

1&2 Step right to right, step left beside right, step forward on right
3&4 Step left to left, step right beside left, step back on left
5&6 Step back on right, step left beside right, step forward on right
7&8 Step forward on left, lock right behind left, step forward on left

REPEAT

TAG: After wall 7, do the following 4 counts.

1-4 Rock forward on right, recover onto left, rock back on right, recover onto left

RESTART: On wall 2, dance to count 16, then restart dance