

Apo Nak Dikato

拍数: 56 墙数: 2 级数: Beginner
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音乐: Apo Nak Di Kato - Blues Gang



Intro: Start after 64 Counts or when Vocal start.

[1-8] Move RL to Right, Right Side Chassis, Cross LL, Lift LL and 1/8 Left Turn LL

1,2 Move right leg to the right, move left leg next to right
3&4 Move right leg to the right, move left leg next to right, move right leg to the right
5,6 Cross left leg diagonal in front of right, recover on the right
7,8 Lift up left leg, 1/8 left turn left leg facing 12.00 while in lifting position

[9-16] Move LL to Left, Left Side Chassis, Cross RL, Lift RL and 1/8 Right Turn RL

1,2 Move left leg to the left, move right leg next to left
3&4 Move left leg to the left, move right leg next to left, move left leg to the left
5,6 Cross right leg diagonal in front of left, recover on the left
7,8 Lift up right leg, 1/8 right turn right leg facing 12.00 while in lifting position

[17-24] Move Back RL, Lift Left Leg, Move Back Right, Lift Right Leg

1,2 Move right leg back, move left in front of right
3,4 Move right leg back, lift up left leg
5,6 Move left leg back, move right in front of left
7,8 Move left leg back, lift up right leg

[25-32] Step RL Forward, Lift Left Leg, Step LL Forward, Lift Right Leg

1,2 Step right leg forward, move left leg behind right
3,4 Step right leg forward, lift up left leg
5,6 Step left leg forward, move right leg behind left
7,8 Step left leg forward, lift up right leg

[33-40] Left Side Jazz Box, Lift Left Leg, Right Side Jazz Box, Lift Right Leg

1,2 Cross right leg in front of left, move back left leg
3,4 Move right leg to the right, lift up left leg
5,6 Cross left leg in front of right, move back right leg
7,8 Move left leg to the left leg, lift up right leg

[41-48] Repeat step 33 – 40

[49-56] Paddle X2, Out Out In In

1,2 Step right leg forward and ¼ left turn right leg
3,4 Step right leg forward and ¼ left turn right leg
5,6 Step right leg diagonal to the right, step left leg diagonal to the left
7,8 Step right leg back, step left leg back

Repeat

Note: There a one restarts on the 5th Wall there a restart after the 32 count.

Have Fun & Enjoy the Dance!