

LMFAO!

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mathias Pflug (DE) - January 2012
音乐: I Can't Dance (feat. LMFAO) - Dirt Nasty



Start: On main vocals! (=After count 32!)

Rock Forward, Shuffle Back, Rock Back, Shuffle Forward

1-2 Step right forward, Recover on left
3&4 Shuffle back (r-l-r)
5-6 Step left back, Recover on right
7&8 Shuffle forward (l-r-l)

1/2 Turn l Heel And Toe Syncopation, Rock Forward, Full Turn Coaster Step

1& Start 1/2 turn left while touching right heel forward, Step right beside left
2& Touch left toe beside right, Step left beside right
3& Touch right heel forward, Step right beside left
4& Finish the 1/2 turn left and touch left to beside right, Step left beside right (6.00)
5-6 Step right forward, Recover on left
7&8 Make a full turn right while dancing a coaster step (r-l-r) (6.00)

(Easier Option: 7-8 Make a normal coaster step (r-l-r))

Step, 1/4 Pivot Turn r, Crossing Shuffle, Side, Behind & Heel & Cross

1-2 Step left forward, 1/4 turn right on both balls (9.00)
3&4 Cross left over right, Slide right next to left, Cross left over right
5-6 Step right to right, Cross left behind right
&7 Step right to right, Tap left heel forward
&8 Step left beside right, Cross right over left

1/4 Turn r, Back, Coaster Step, Heel & Heel & Kick-Ball-Change

1-2 1/4 turn right and step left back, Step right back (12.00)
3&4 Step left back, Step right beside left, Step left forward
5& Tap right heel forward, Step right beside left
6& Tap left heel forward, Step left beside right
7&8 Kick right forward, Step right beside left, Step left beside right

Rock Forward, 1/2 Turn r Shuffle Back, Rock Forward, Behind-Side-Cross

1-2 Step right forward, Recover on left
3&4 Make a 1/2 turn right while shuffling back (r-l-r) (6.00)
5-6 Step left forward, Recover on right
7&8 Step left behind right, Step right to right, Cross left over right

Chassé r, Rock Back, Syncopated Wave l

1&2 Step right to right, Step left beside right, Step right to right
3-4 Step left back, Recover on right
5& Step left to left, Step right behind left
6& Step left to left, Cross right over left
7& Step left to left, Step right behind left
8 Step left to left

Cross Rock, 1/4 Turn r Chassé, Rock Forward, Coaster Step

1-2 Cross right over left, Recover on left

3&4 1/4 turn right and step right to right, Step left beside right, Step right forward (9.00)
5-6 Step left forward, Recover on right
7&8 Step left back, Step right beside left, Step left forward

Rocking Chair, Full Turn I, Syncopated Jumps Forward

1-2 Step right forward, Recover on left
3-4 Step right back, Recover on left
5-6 Make a full turn left while walking forward (r-l) (9.00)

(Easier Option: 5-6 Walk forward on right, left

&7 Jump forward on right, Step left beside right
&8 Jump forward on right, Step left beside right

Repeat & Enjoy! :)
