Before Sadness Comes

级数: Improver

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音乐: Before Sadness Come (슬퍼지려 하기전에) - COOL (쿨)

墙数:4

Count In : After 32 counts

SEC 1: RIGHT VINE STEP, SIDE, TOUCH, SIDE, TOUCH

1-4 Step R to right side, Step L behind R, Step R to right side, Touch L next to R 5-8 Step L to left side. Touch R next to L. Step R to right side. Touch L next to R

- -8 Step L to left side, Touch R next to L, Step R to right side, Touch L next to R
- (Optional Styling: Both arms spread to L,R, like a move in wave The palm face downward
- 1-4 R arm up and L arm down, L arm up and R arm down, R arm up and L arm down, Hold
- 5-6 L arm up and R arm down, R arm up and L arm down, L arm up and R arm down, Hold)

SEC 2: REPEAT SEC 1: ON OPPOSITE POSITION

SEC 3: RIGHT SIDE ROCK, RECOVER, BIG SLIDE, LEFT SIDE ROCK, RECOVER, BIG SLIDE

- 1-4 Rock R to right side, Recover onto L, Step R big step to right side, Drag L towards R
- 5-8 Rock L to left side, Recover onto R, Step L big step to left side, Drag R towards L

SEC 4: K-STEP WITH HITCH

1-4 Step R fwd diagonally right, Hitch L, Step L back diagonally left, Hitch R

5-8 Step R back diagonally right, Hitch L, Step L fwd diagonally left, Hitch R

SEC 5: HIP BUMP WITH STYLING

1-4 Hip bump R,L,R,L

(Styling : Punch fisted hands cross in front of the forehead, diagonal up, diagonal down, cross in front of the chest – drawing square)

5-8 Repeat 1-4

SEC 6: SAMBA STEP

- 1&2 Step R over L, Step L to left side, Step R to right side
- 3&4 Step L over R, Step R to right side, Step L to left side
- 5&6 Step R over L, Step L to left side, Step R to right side
- 7&8 Make 1/4 turn left stepping L over R, Step R to right side, Step L to left side

SEC 7: CROSS, POINT, BACK CROSS, POINT

- 1-4 Step R over L, Touch L to left side, Step L over R, Touch R to right side
- 5-8 Step R behind L, Touch L to left side, Step L behind R, Touch R to right side

SEC 8: KICK, JUMP, TURN, BOX STEP

- 1-4 Low kick right across left, Jump & land both feet (shoulder width apart), Jump & land L foot with hitching R foot making 1/2 turn right, Jump & land both feet (shoulder width apart)
- 5-8 Step R over L, Step L over R, Step back on R, Step back on L

REPEAT

Ending : Jump & Land both feet (Shoulder width apart) and Pose!





拍数: 64