

Keep Me in Mind

拍数: 64 墙数: 2 级数: Phrased Intermediate
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音乐: Keep Me in Mind - Zac Brown Band



Start Dancing after 16 count intro - Sequence: AAAA, first 20 of A, BB, AAAA

"A" – 32 COUNTS

A1: Basic Right, Basic Left, Lock Step Forward, Shuffle with ½ Turn to Right

1-2& Step right long step to side, rock left (slightly behind right), recover to right
3-4& Step left long step to side, rock right (slightly behind left) recover to left
5&6 Step right foot forward, step left behind right, step right foot forward
7&8 Step left foot forward, turn ½ to right (6:00) while stepping on right, step left foot forward

A2: Mambo Forward, Step Back Left-Right-Left, Step Back Right and Drag Left Heel, Ball Step, Step

1&2 Step right forward, step left next to right, step right back
3&4 Step back on left, step back on right, step back on left
&5-6 Step back on right (&) and drag left heel slowly for 5-6
&7-8 Touch ball of left foot next to right, step forward on right, step forward on left

A3: Step Lock Step Forward Right, Step Lock Step Forward Left, Step ½ Turn to Left, Step ½ Turn Left

1&2 Step right foot forward, step left behind right, step right foot forward
3&4 Step left foot forward, step right behind left, step left foot forward
5-6 Step right foot, turn ½ turn to left, transferring weight to left foot
7-8 Step right foot, turn ½ turn to left, transferring weight to left foot

A4: Rock Recover to Right, Behind Side Cross, Rock Recover Left Behind Side Cross

1-2 Step right to right side, recover to left
3&4 Step right behind left, step left to side, cross right over left
5-6 Step left to left side, recover to right
7&8 Step left behind right, step right to side, cross left over right

"B" – 32 COUNTS

B1: Walk Forward Right-Left, Anchor Step, Turn ½, Turn ½, Left Coaster

1-2 Step right forward, step left forward
3&4 Step right slightly behind left, step left in place, step right in place
5-6 Turn ½ left and step left forward, turn ½ left and step right back*
(*Non-turning alternative for 5-6.....Walk back left, right)
7&8 Step left back, step right next to left, step left forward

B2: Point, Right Sailor, Walk Forward Left-Right, Walk with ½ Turn

1 Point right toe to right side
2&3 Cross right behind left, step left next to right, step right to right side
4-5 Walk forward on left, walk forward on right
6-7-8 Walk left, right, left while turning half turn (12:00)

B3: Hip Bumps Right, Hip Bumps Left, Right Sailor, Step, Left Sailor

1-2 Bump hips to the right twice
3-4 Bump hips to the left twice
5&6 Cross right behind left, step left next to right, step right to right side
7&8 Cross left behind right, step right next to left, step left to left side

B4: Ball Walk-Walk, Lock Step, Rocking Chair

&1-2 Touch ball of right foot next to left, step forward on left, step forward on right
3&4 Step left forward, step right behind left, step left forward
5-6 Step right forward, recover to left
7-8 Step right back, recover to left
