

4 A-M

拍数: 32 墙数: 4 级数: Improver
编舞者: Hazel Pace (UK) - May 2012
音乐: 4am - Cherry Ghost : (Album: Thirst For Romance - iTunes)



Intro: Start Just before vocals. No Tags.

[1 – 8] Rock Recover, Side Recover, Sailor Step, Run Left, Right, Left, Mambo 1/4 Right.

1&2& Rock forward on right, recover on left, rock right to right side, recover on left.
3 & 4 Step right behind left, left in place, step slightly forward on right.
5 & 6 Run forward left, right, left.
7 & 8 Rock forward onto right, recover on left, 1/4 turn right stepping right to right side (3.00).

[9 – 16] Cross Side Behind, Side Cross Side, Left Sailor 1/4 Turn Left, Right Step Lock Step.

1 & 2 Cross left over right, right to right side, left behind right.
3 & 4 Right to right side, cross left over right, right to right side.
5 & 6 Left behind right making 1/4 turn left, right in place, left in place (12.00).
7 & 8 Step forward on right, lock left behind right, forward on right.

[17 – 24] Side Touches, Side Together 1/4 Left Touch, Side Touches, Side Together Side.

1&2& Step left to left side, touch right beside left, right to right side, touch left beside right.
3&4& Step left to left side, right beside left, 1/4 turn left on left, touch right beside left. (9.00).
5&6& Step right to right side, touch left beside right, left to left side, touch right beside left.
7 & 8 Right to right side, left beside right, right to right side.

[25 – 32] Rock Recover Side, Behind Side Cross, Side Rock Cross, 1/2 Turn Left.

1 & 2 Rock left behind right, recover on right, left to left side.
3 & 4 Right behind left, left to left side, cross right over left.
5 & 6 Rock left to left side, recover on right, cross left over right.
7 – 8 Make 1/4 turn left stepping back on right, 1/4 turn left stepping left to left side. (3.00).

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