

Viva Forever

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Viva Forever - Spice Girls



Start On Vocal - Count: 56

Pivot ½ Left – Small Runing – Sweep

1&2 Rock fwd on R, turn left ½ fwd on L step fwd on R
3&4 Step fwd L, step fwd R, step fwd L
5&6& Step R to right side, recover on L, step R behind L & sweep L back
7&8 Step L behind R, step R to right side, cross L over right

Turn ½ Left – Rock Recover – Turn ½ Right Back Lock Shuffle

1&2 Step R to right side, turn ½ left step L with hitch step L to left side
3&4 Cross R over left, recover on L, turn ¼ right step fwd on R
5&6 Step fwd on L, turn ½ right weight onto L, hitch on R
7&8 Step back on R, cross L over right, step back on R

2x Unwind Full Turn Left – Weave – Scissor Step

1&2 Full turn left cross L behind right with sweep R
3&4 Full turn left cross R over left with sweep L
5&6 Step L behind right, step R to right side, cross L over right
7&8 Step R to right side, step L next right, cross R over left

Turn ¼ Right – Drag Right – Turn ¼ Left – Hips Bump

1&2 Turn ¼ Left step back on L, step R to right side, step fwd on L
3&4 Touch R to right side, touch R next left, step R to right side
5&6 Step back L behind right, recover on right, turn ¼ left step fwd touch on L
7&8 Step fwd on L, recover on R, recover on L

Scissor Step – Turn ½ Right – Chasse – Turn ¼ Right

1&2 Step R to right side, step L next right, cross R over left
3&4 Turn ¼ right step back on L, turn ¼ right step R to right side, step fwd on L
5&6 Step R to right side, step L together R, step R to right side
7&8 Step back on L, recover on R, turn ¼ right, step L to left side

Rock Recover – Turn ¼ Right – Pivot - Full Turn Right

1&2 Cross R over left, recover on L, step R to right
3&4 Step L behind right, turn ¼ right step fwd on R, step fwd on L
5&6 Turn ½ left step fwd on R, step fwd on L, step fwd on R
7&8 Turn ½ right step back on L, turn ½ right step fwd on R, step fwd on L

Option - Count: 24

1-2 Turn ¾ left cross touch L behind right (weight end on left)
3&4 Turn ¼ left Step back on R, cross L over right, step back on R
5&6 Step back on L behind right, step R to right side, cross L over right
7&8 Step R to right side, step L next right, cross R over left

RESTARTS:-

Restart On Wall : 2 after count: 32 - Restart On Wall: 7 after count: 32

Restart On Wall: 5 after count: 32 - Restart On Wall: 8 after count: 32

Restart On Wall: 6 after count: 32 - Have Fun and Enjoy.....

