

In Return

拍数: 72 墙数: 1 级数: Phrased Intermediate
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音乐: Things I Do For You - The Jacksons



Sequence: AABCAAABCAAAAA

PART A: 32 counts

(KNEE POPS , HOLD)x3, STEP, TOUCH

- 1 .- Step right forward (straight leg, pop left knee)
- 2 .- Hold
- 3 .- Step left forward (straight leg, pop right knee)
- 4 .- Hold
- 5 .- Step right forward (straight leg, pop left knee)
- 6 .- Hold
- 7 .- Step left forward
- 8 .- Touch right heel forward

STEP BACK x3, JUMP, MICHAEL JACKSON BACK STEPS, HITCH

- 1 .- Step right back
- 2 .- Step left back
- 3 .- Step right back
- 4 .- Jump with both feet out
- 5 .- Both heels out, weight on right foot
- & .- Lef foot step back, both heels inside
- 6 .- Both heels out, weight on left foot
- & .- Right foot step back, both heels inside
- 7 .- Both heels out, weight on right foot
- & .- Left foot step back, both heels inside
- 8 .- Rf hitch

GRAPEVINE, ROLLING VINE, TOUCH

- 1 .- Step right side
- 2 .- Cross left behind right
- 3 .- Step right side
- 4 .- Lf touch together
- 5 .- ¼ turn left, step left forward
- 6 .- ½ turn left, step right back
- 7 .- ¼ turn left, step left side
- 8 .- Touch right over left

BIG STEP, DRAG, BIG STEP TOUCH, PADDLE 1/2 TURN LEFT, CROSS, ½ TURN

- 1 .- Big step right side
- 2 .- Drag left toward right
- 3 .- Big step left side
- 4 .- Rf touch together
- 5 .- ¼ turn left, right foot touch to side
- 6 .- ¼ turn left, right foot touch to side
- 7 .- Rf cross over left
- 8 .- ½ turn left

PART B: 24 counts

CHARLESTON STEPS, TOUCH, STEP, ROCK STEP, TOUCH

- 1 .- Touch left forward
- 2 .- Step left back
- 3 .- Touch right back
- 4 .- Step right forward
- 5 .- Touch left behind right
- 6 .- Step left side
- 7 .- Rock right back
- & .- Recover onto left
- 8 .- Touch right side

MONTEREY , TOGETHER, JUMP OUT, MICHAEL JACKSON BACK STEPS, HITCH

- 1 .- ½ turn right, step right together
- 2 .- Touch left side
- 3 .- Step left together
- 4 .- Jump with both feet out
- 5 .- Both heels out, weight on right foot
- & .- Lef foot step back, both heels inside
- 6 .- Both heels out, weight on left foot
- & .- Right foot step back, both heels inside
- 7 .- Both heels out, weight on right foot
- & .- Left foot step back, both heels inside
- 8 .- Rf hitch

HEEL STRUT, ¼ TURN HEEL STRUT, ½ TURN WALKING

- 1 .- Touch right heel forward
- 2 .- Drop
- 3 .- ¼ turn left, touch left heel forward
- 4 .- Drop
- 5 .- Right foot step forward
- 6 .- ¼ turn left, left foot step forward
- 7 .- Right foot step forward
- 8 .- ¼ turn left, right foot step forward

PART C: 16 counts

SCOOT-TOUCH x 6, KICK, ¼ TURN, STEP , TOUCH

- 1 .- Lf scoot forward, touch right heel forward
- 2 .- Lf scoot forward, touch right toe together
- 3 .- Lf scoot forward, touch right heel forward
- 4 .- Lf scoot forward, touch right toe together
- 5 .- Lf scoot forward, touch right heel forward
- 6 .- Lf scoot forward, touch right toe together
- 7 .- Kick right forward
- & .- ¼ turn right, step right side
- 8 .- Touch left to side

TOGHETHER, TOUCH, SIDE BODY ROLLS, KICK-CROSS TOUCHES

- & .- Step left together
- 1 .- Touch right side (beginning side body roll)
- 2 .- Hold (end side body roll weight on right)
- & .- Step left together
- 3 .- Touch right side
- 4 .- Hold (end side body roll weight on both)
- 5 .- Kick right forward

- & .- Cross right over left
- 6 .- Touch left toe to side
- 7 .- Kick left forward
- & .- Cross left over right
- 8 .- Touch right toe to side

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