

Disclosure

拍数: 64 墙数: 2 级数: High Intermediate
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音乐: Latch (feat. Sam Smith) - Disclosure



Side. Cross rock recover. Side. Touch in-out. Kick ball point (lunge)

- 1-2 Step right to right side. Cross rock left over right.
- 3-4 Recover weight onto right. Step left to left side.
- 5-6 Touch right beside left. Touch right to right side.
- 7&8 Kick right forward. Step right down. Point left to left side. (Lunge over right knee)

Drag. Turn/rock. coaster press. Back. Back. Turn/side rock. Recover.

- 1-2 Drag left up to right. Make 1/8 turn left as you step/rock left forward.
- 3&4 Step back on right. Step left beside right. Press right forward.
- 5-6 Step back on left. Step back on right.
- &7-8 Make an 1/8 turn as you step left to left side. Rock right to right. Recover on left. (9 o clock)

Kick & point. Side kick ball rock. Recover. Coaster. Step ¼ pivot.

- 1&2 Kick right forward. Step right beside left. Point left to left side.
- 3&4-5 kick left to left side. Step left beside right. Rock forward on right. Recover on left.
- 6&7 Step right back. Step left beside right. Step right forward.
- 8 Make ¼ turn left. (Weight left) (6 O Clock)

Cross. Side. Behind. ¼. Step ¼. Together. Big side. Drag/touch.

- 1-2 Cross right over left. Step left to left side.
- 3-4 Cross step right behind left. Make ¼ left stepping left forward.
- 5-6 Step right forward. Make ¼ pivot left. (weight left)
- &7-8 Step right beside left. Take a BIG step left to left side with left. Drag right up to left.

Monterey ¼ . point ¼. ½. Shuffle ½ . Push back.

- 1-2 Point right to right side. Make ¼ right stepping right to right side.
- 3-4 Point left to left side. Make ¼ left stepping left forward.
- 5 Make ½ turn left stepping back right.
- 6&7-8 Shuffle ½ left- stepping L-R-L. Step back on right pushing body back.

Back ¼. Touch. ¼.. Lock. Step. Lock. Out. Out.

- 1-2 Step back left. Step right to right side making ¼ right.
- 3-4 Point left to left side. Make ¼ left stepping left forward.
- 5-6-7 Lock right behind left. Step left forward. Lock right behind left.
- &8 Step left to left side. Step right to right side. (weight right)

Slide. Knee pop. Behind. ¼ Side. Rock recover. Step. rock recover.

- 1-2 Slide left up to right. Drop weight on to left as you rise up on to you right toes, popping right knee forward.
- 3-4 Cross right behind left. Step left ¼ turn to left.
- 5-6& Rock right to right side. Recover on left. Step right beside left.
- 7-8 Rock left to left side. Recover on right.

Kick. Side. Cross. Turn ¾ . Back. Back. ½. Touch.

- 1-2 Kick left across right. Step left to left side.
- 3-4 Cross right over left. Unwind ¾ left with weight ending on right.
- 5-6 Step back left. Step back right.

7-8 Make ½ left stepping left forward. Touch right beside left.

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