

Slave To The Rhythm

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Slave to the Rhythm - Michael Jackson : (Album: XSCAPE)



Start after 96 counts on vocals

Kick Ball Touch, Shuffle Forward, Forward Rock Recover, Triple $\frac{3}{4}$ Cross

1&2 RF kick forward, RF step beside on ball foot, LF point forward
3&4 LF step forward, RF step beside, LF step forward
5-6 RF rock forward, LF recover
7&8 RF $\frac{1}{2}$ right and step forward, LF step beside, RF $\frac{1}{4}$ right and cross over

Side Rock Recover, Behind, Side, Cross, Scuff Out Out, Hold, Heel Twist

1-2 LF rock side, RF recover
3&4 LF cross behind, RF step side, LF cross over
5&6 RF scuff, RF step right forward (out), LF step side (out)
7&8 hold, RF twist heel in, RF twist heel to centre

Together, Step Side, Hold, Together, Side Rock Recover Cross, 2x $\frac{1}{4}$ Turn Left, Mambo

&1-2 LF together, RF step side, hold
&3&4 LF together, RF rock side, LF recover, RF cross over
5-6 LF $\frac{1}{4}$ right and step back, RF $\frac{1}{4}$ right and step forward
7&8 LF rock forward, RF recover, LF together

Step Forward, Hold, 2x $\frac{1}{4}$ Heel Bounces, Coaster Step, Kick Ball Touch

1-2 RF step forward, hold
&3 R+L $\frac{1}{4}$ left and lift heels, R+L heels down
&4 R+L $\frac{1}{4}$ left and lift heels, R+L heels down
5&6 LF step back, RF close, LF step forward
7&8 RF kick forward, RF step beside on ball foot, LF point forward

Press Recover Sweep, Sailor Step, Cross Unwind, Ball Step, Step, Big Step Forward, Drag

1-2 LF rock/press forward, RF recover and sweep LF back
3&4 LF cross behind, RF step beside, LF step side
5-6 RF cross behind, R+L $\frac{1}{2}$ turn right
&7-8 LF step forward on ball foot, RF step forward, LF big step forward and drag RF

Small Step Back, Step Forward, Twist $\frac{1}{2}$ Right, Twist $\frac{1}{2}$ Left, Coaster Step, Out Out, Touch

&1-2 RF small step back, LF step forward, hold
3-3 L+R turn $\frac{1}{2}$ right on ball feet
4 L+R turn $\frac{1}{2}$ left on ball feet
5&6 LF step back, RF close, LF step forward
&78 RF step side (out), LF step side (out), RF touch beside

Point Side, Touch, Kick, Cross, Back, Back, Step Forward, Paddle $\frac{1}{4}$ L x3

1&2 RF point side, RF touch beside, RF kick forward
3&4 RF cross over, LF step back, RF step slightly back
5-6 LF step forward, RF $\frac{1}{4}$ left on ball LF and point side
7-8 RF $\frac{1}{4}$ left on ball LF and point side, RF $\frac{1}{4}$ left on ball LF and point side

Cross & Heel, & Cross Point, Walk Back x4

1&2 RF cross over, LF step slightly left back , RF dig heel diag. right forward
&3-4 RF together, LF cross over, RF point side
5-8 RF step back, LF step back, RF step back, LF step back
options 5-8: 'moonwalk', 'knee pops' or 'turns'

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