

Pills & Potions

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Pills N Potions - Nicki Minaj : (Album: The Pinkprint)



Info: □ Intro 8 counts

S1: Step Side, Syncopated Sailor With Diagonal Lock Step, Diagonal Full Triple Turn, Rock Recover, Cross, Hinge Turn

1 RF □ step side
2 LF □ cross behind
&
3 RF □ step beside
4 LF □ 1/8 turn left, step forward [10.30]
&
5 RF □ lock behind
6 LF □ step forward
7 RF □ 1/2 turn left, step backward
&
8 LF □ 1/2 turn left, step forward
9 RF □ 1/8 turn right, cross over [12]
10 LF □ side rock
11 RF □ recover
12 LF □ cross over
13 RF □ 1/4 turn left, step backward
14 LF □ 1/4 turn left, step side [6]

S2: Cross, Rock, Ball, Lock Step, Step Pivot 1/2, Triple Turn 1 1/4

1 RF □ rock cross
2 LF □ recover
3 RF □ step beside
4 LF □ step forward
5 RF □ lock behind
6 LF □ step forward
7 RF □ step forward
8 R+L □ 1/2 turn left
9 RF □ 1/2 turn left, step backward
10 LF □ 1/2 turn left, step forward
11 RF □ 1/4 turn left, step side [9]

S3: Sailor Into Lock Step 1/2 Turn, Sweep, Cross, Lunge Side Recover 1/4 R, Step Pivot 1/2 R, 1/4 R Side

1 LF □ cross behind
2 RF □ step beside
3 LF □ 1/4 turn left, step forward [6]
4 RF □ lock behind
5 LF □ 1/4 turn left, step forward
6 RF □ sweep forward
7 RF □ cross over
8 LF □ rock/lunge side
9 RF □ 1/4 turn right, recover
10 LF □ step forward
11 L+R □ 1/2 turn right
12 LF □ 1/4 turn right, step side [3]

S4: Sailor Step 1/4 R, Walk x2, Syncopated Rock Recover 1/4 L, Step Pivot 3/4 L

2 RF□cross behind
& LF□step beside
3 RF□¼ turn right, step forward
4 LF□walk
5 RF□walk
6 LF□rock cross
& RF□recover
7 LF□¼ turn left, step forward
8 RF□step forward
& R+L□¾ turn left [6]

START OVER AGAIN

Restarts: -

On wall 4 and 8 after count 8 (section 1)

On wall 11 after count 13 (count 5, section 2),then:

6 hold

start over again
