

In Motion

拍數: 32 牆數: 0 級數: Intermediate
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音樂: In Motion - Jon Ali



Note : □ Tag at the end of 8 Wall

[1-8] □ STEP BACK TWICE - COASTER STEP - BALL STEP - STEP 1/4 TURN - SAILOR STEP 1/4 TURN

1-2 Step Back R, step back L
3&4 Coaster Step R
&5-6 Step L next to R, step forward on R, Step L to L side with 1/4 turn to R
7&8 Sailor Step R in 1/4 turn on R

[19 – 16] UNWIND 3/4 TURN WITH SWEEP - CROSS - SIDE - BEHIND - SIDE - ROCK WITH 1/4 TURN - STEP 1/4 - CROSS BEHIND

1-2 Unwind 3/4 turn to L with sweep R
3-4 Cross R over L, Step L to L
5& Cross R behind L, Step L to L
6&7 Cross Rock Step R over L (6&), Step R in 1/4 turn to R (7),
&8 Poser L to L in 1/4 turn to R, Cross R behind L

[17-24] □ STEP SIDE - ROCK FWD - SWEEP - SAILOR STEP - SAILOR STEP 1/4 TURN R - HALF TURN R - L

&1-2 Step L to L, Rock Step R forward, Sweep R from forward to backward
3&4 Sailor Step R
5&6 Sailor Step L in 1/4 to R
7-8 Step forward on R in 1/2 turn to R, Step back on L with 1/2 turn to R

[25-32] □ COASTER STEP - STEP FWD TWICE - MAMBO 1/2 TURN - PADDLE TURN 1/4 TURN TWICE

1&2 Coaster step R
3-4 Step forward on L, Step forward on R
5&6 Mambo L forward, Step L forward in 1/2 turn to L
7-8 Touch R to R with 1/4 turn to L, Touch R to R with 1/4 turn to L

TAG: At the end of 8th wall add 4 count :

[1-4] □ IN IN - OUT OUT - IN IN - BOUNCE

&1 Step R next to L, Step L next to R
&2 Step R to R side, Step L to L side
&3 Step R next to L, Step L next to R
&4 Bounce

Have fun

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