

Listen To Your Senses

拍數: 64 牆數: 4 級數: Improver
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音樂: Listen to Your Senses - Alan Jackson



[1-8]: □ Diagonal Step Touches Right & Left, Mambo ½ Turn, Hold.

- 1-2 Step diagonally forward right to right corner, touch left to right.
- 3-4 Step diagonally forward left to left corner, touch right to left.
- 5-6 Rock forward right, recover weight onto left.
- 7-8 Make ½ turn right, stepping forward right, hold.

[9-16]: □ Shuffle ½ turn, Hold, Run Back x3, Hold.

- 1-4 Make ½ turn right stepping – left-right-left, hold.
- 5-8 Run back right-left-right, Hold.

[17-24]: □ Kick, Out, Out, Close, Walks forward with Holds.

- 1-2 Kick left over right, step left to left side.
- 3-4 Step right to right side, close left to place.
- 5-8 Step forward right, hold, step forward left, hold.

[25-32]: □ Kick, Out, Out, Close, Step, Hold, Pivot ½, Hold.

- 1-2 Kick right over left, step right to right side.
- 3-4 Step left to left side, close right to place.
- 5-6 Step forward left, hold.
- 7-8 Pivot ½ turn right, hold.

[33-40]: □ Step, Scuff, Step, Scuff, Mambo Step with Hitch.

- 1-2 Step forward left, scuff right foot forward.
- 3-4 Step forward right, scuff left foot forward.
- 5-6 Rock forward left, recover weight onto right.
- 7-8 Step back left, hitch right knee.

[41-48]: □ Back, Touch, Step, Scuff, Rocking Chair.

- 1-2 Step back onto right, touch left toe over right.
- 3-4 Step forward left, scuff right forward.
- 5-6 Rock forward right, recover onto left.
- 7-8 Rock back right, recover onto left.

[49-56]: □ Monterey ¼ Turn, Touches out-in-out, Hold.

- 1-2 Point right to right side, close right to left turning ¼ right on the ball of left foot.
- 3-4 Point left to left side, close left to right.
- 5-6 Point right to right side, touch right beside left.
- 7-8 Point right to right side, hold.

[57-64]: □ Modified Monterey ½ Turn, Touches in-out-in.

- 1-2 Close right to left, point left to left side.
- 3-4 Make ½ turn left on ball of right closing left to right, point right to right side
- 5-6 Touch right beside left, point right to right side.
- 7-8 Touch right beside left, hold.

Start again, No Tags, No Restarts!

Last Update by Glynn – 21st Jan. 2016

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