

Long Breakdown

拍數: 88 牆數: 1 級數: Intermediate
編舞者: Marilù Teseo (IT) - March 2016
音樂: Gonna Know We Were Here - Jason Aldean



S1: TOUCH, TOUCH, SHUFFLE CROSS, TOUCH, TOUCH, SAILOR CROSS

1-2 Cross Right Toe To Left Foot, Touch Right Toe To Right
3&4 Cross Right Over Left E Cha-Cha To Left
5-6 Cross Left Toe To Right Foot, Touch Left Toe To Left
7&8 Left Sailor Cross

S2: SIDE TOUCH, TURN, COASTER STEP, SHUFFLE STEP, PADDLES TURNS

1-2 Touch Right Toe To Right And Turn ¼ To Right
3&4 Right Coaster Step
5&6 Left Shuffle Frw
7&8 Touch Right Toe To Right And Turn 1/8 To Left, Touch Right Toe To Right And Turn 1/8 To Left

S3 & S4: REPEAT SECTS. 1 & 2

S5: STEP, TOUCH, STEP TOUCH (2)

1-2 Step To Right And Touch Left Beside Right
3-4 Step To Left And Touch Right Beside Left
5-8 Repeat 1-4

S6: VINE, HEEL TOUCH, CROSS, TURNS, SHUFFLE STEP

1-2 Step Right To Right, Cross Left Behind Right
&3&4 Right To Right & Heel Touch Left, Left On Left & Cross Right Over Left (Weight On Right)
5-6 Turn ¼ To Right Left Back, Turn ½ To Right, Right Foot Forward
7-8 Left shuffle Step Forward

S7: MAMBO ROCK, STEPS BACK, POINT, TURN, KNEE POPS

1&2 Right Rock Forward, Recover Left And Step Right Back
3-4 Left Step Back, Right Step Back
5-6 Point Left Toe Beside Right Foot, Turn ¼ To Left
&7&8 Weight On Both Feet And Bend Knees Lifting Heel Off Floor, Put Heels Back On Floor

S8 & S9: REPEAT FROM SECTIONS 4 TO 5 (S2 and S5)

S10: STEP AND TOUCH (2)

1-4 Step Right To Right And Touch Left Beside Right
5-8 Step Right To Right And Touch Left Beside Right

S11: MONTEREY TURNS (2)

1-4 Touch Right Toe To Right, Turn ¼ Right, Touch Left Toe To Left, Step Left Next To Right
5-8 Touch Right Toe To Right, Turn ¼ Right, Touch Left Toe To Left, Step Left Next To Right

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