

The Pressure

拍數: 32 牆數: 4 級數: Improver / Intermediate
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音樂: What's the Pressure - Laura Tesoro



S1: Step forward, dorethy step, ¼ turn left, kick ball change, lock behind, ½ turn right

- 1 LF step forward
- 2 RF behind LF.
- & Lf step forward
- 3 RF step forward
- 4 ¼ turn left
- 5 RF kick forward
- & RF close LF.
- 6 LF step left.
- 7 RF lock behind LF
- 8 ½ turn right, weight split weighted

S2: Right Heel, left heel, 2x right heel, ball change, ¼ turn left, sweep, sweep, sweep

- 1 Lift right heel up, but leave toes on floor
- 2 Lift left heel up, but leave toes on floor
- 3 lift right heel up, but leave toes on floor
- & Recover heel back on floor
- 4 Lift right heel up, but leave toos on floor
- & RF close LF
- 5 LF cross over RF
- 6 1/4 turn lef, RF step back, while doing this sweep LF.
- 7 LF step back, while doing this sweep RF.
- 8 RF step back while doing this sweep LF

S3: Coaster step, 2x camel walks, mambo forward, coaster step

- 1 LF step back. forward.
- & RF Close LF
- 2 LF step forward.
- 3 RF step forward, while doing this lock Left knee into right knee
- 4 LF step forward, while doing this lock Right knee into left knee.
- 5 RF step forward.
- & Recover weight LF.
- 6 Rf step back
- 7 LF step back.
- & RF close LF
- 8 LF step forward.

S4: Knee twist, ½ turn right kick ball change, step forward, ½ turn right step back, ¼ turn right sweep, coatsstep.

- 1 Twist both knees right.
- 2 Twist both knees left.
- 3 ½ turn right, RF kick forward.
- & RF close LF.
- 4 LF step forward.
- 5 RF step forward.
- 6 ½ turn right, LF step back

& ¼ turn right, while doing this sweep RF.

7 RF step back.

& LF close RF.

8 RF step forward.

TAG: before wall 4, 4 step forward ½ turn around over left, start walking with left.

START AGAIN, HAVE FUN !!!
