

Ez NC2

拍數: 16 牆數: 2 級數: Improver
編舞者: Winnie Yu (CAN) - July 2016
音樂: Lost Without You - Delta Goodrem



Alternate Music: 1) The Poet by Liberty X
Alternate Music: 2) Piao Xue by Priscilla Chan or Any NC2 music

Sec. 1 – Basic NC2 Step x 2, Sailor ¼ Turn Right, Cross Rock Side

1-2& Big step left to left side, rock right behind left, recover onto left
3-4& Big step right to right side, rock left behind right, recover onto right
5 Big step left to left side with sweep right,
6&7 Make a ¼ R cross right behind left, step left to left, step right to right side (3:00)
8&1 Cross left over right (facing 4:30), recover on right, step left to left side

Sec. 2 – Cross Rock Side, Run Forward x 3, Forward, pivot 1/2 L, 1/4 Turn L side, Back Rock, Recover

2&3 Cross right over left (facing 1:30), recover on left, step right to right side
4&5 Run forward L, R, L (square up to 3:00)
6&7 Step forward on right, pivot 1/2 left, make a 1/4 left step right to right side (6:00)
8& Cross rock left behind right, recover onto right

Start Again!

Option for Beginner: Sec.2 - Rock Recover 1/4 R Side, Cross Rock

6&7 Rock forward on right, recover onto left, make a ¼ right step right to right side (6:00)
8& Cross rock left over right, recover onto right

Option 2 for High Beginner: Mix the dance to 32 count, 1 wall

Wall 1, 3, 5, 7....(Front Wall) -Improver Version and

Wall 2, 4, 6, 8....(Back Wall) -Beginner Version

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