Let's Talk About ...

級數: Improver +

編舞者: Susann Elisabeth Bjørkmo - September 2016

音樂: Sex - Cheat Codes & Kris Kross Amsterdam

S1: Walk, walk, Rock, recover, step, shuffle, rock, recover.

- 1,2 Walk right forward, walk left forward.
- 3&4 Right rock forward, recover, step right back
- 5&6 Left back, right next to left, left back.
- 7,8 Right rock back, recover.

S2: Weave, ¾ turn, shuffle.

拍數: 32

- Right to right, left behind right. 1, 2
- 3, 4 Right to right, left next to right.
- 5, 6 1/4 turn left with left forward, 1/2 turn left with right back.
- 7&8 Left back, right next to left, left back.

S3: Rock, recover, rock, recover, weave, rock, recover.

- 1, 2 Rock right back, recover.
- 3, 4 Rock right to right side, recover.
- 5&6 Right behind left, left to left, right in front of left.
- 7,8 Rock left to left side, recover.

S4: Weave, toe, ¼ turn, heel, toe, ¼ turn, heel, kick ball change.

- 1&2 Left behind right, right to right, left in front of right
- 3, 4 Point right toe next to left, 1/4 turn left with left heel next to right.
- 5, 6 Point right toe next to left, 1/4 turn left with left heel next to right.
- 7&8 Kick right forward, step ball of right next to left, step down on left.

Tag: There is a Tag after walls 2, 3 and 5. Just do a rocking chair with right foot on two counts.

Restarts: There is two Restarts. First is on wall 8 after 16 counts, second is on wall 10 after 8 counts.

Let's dance!

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牆數:4