

Ciao Adios

拍數: 32 牆數: 4 級數: Novice
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音樂: Ciao Adiós - Anne-Marie



Walk, walk, side , rock step, side rock step, touch, swivel.

- 1 RF step forward.
- 2 LF step forward.
- 3 RF ¼ turn left step right.
- & LF rock behind RF.
- 4 RF weight transfer.
- 5 LF step left.
- & RF rock behind LF.
- 6 LF weight transfer.
- 7 RF touch forward.
- & LF RF swivel heel right.
- 8 LF RF swivel heel back.

¼ turn hip turn, cross step, cross shuffle.

- 1 RF step forward.
- 2 LF ⅛ turn left hip turn left to right step next to RF.
- 3 RF step forward.
- 4 LF ⅛ turn left hip turn left to right step next to RF.
- 5 RF cross over LF.
- 6 hold.
- & LF step left.
- 7 RF cross over LF.
- & LF step left.
- 8 RF cross over LF.

Touch, touch, cross, heel, cross, heel, step turn.

- 1 LF touch left.
- & LF next RF.
- 2 RF touch right.
- 3 RF cross over LF.
- & LF step left.
- 4 RF heel diagonale forward.
- & RF next LF.
- 5 LF cross over RF.
- & RF step right.
- 6 LF heel diagonale forward.
- & LF next RF.
- 7 RF step forward.
- 8 LF ½ turn left.

Cross step, sweep, sailor ½ turn cross, slide.

- 1 RF ½ turn left step back.
- 2 LF ¼ turn left step left.
- 3 RF cross over LF.
- 4 LF step left RF sweep back.
- 5 RF cross behind LF.

- & LF ¼ turn right step back.
- 6 RF ¼ turn right cross over LF.
- 7 LF step left.
- 8 RF drag next LF.

Restart: at the 2 wall after the first 16 counts.

Only count 16 is not a & count but normal count , step that step not left but back.

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