

It's All Good

拍數: 64 牆數: 0 級數: Phrased High Beginner
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音樂: All Good (feat. Nadin) - Dipha Barus



Sequence: AA BB Tag AA BBB
Start on Vocal

A1. Forward, Recover, Coaster Step 2x

1 , 2 Step forward on R, Recover on L
3&4 Step back on R, Step L beside R, Step forward on R
5 , 6 Step forward on L, Recover on L
7&8 Step back on L, Step R beside L, Step forward on L

A2. Lock Forward Shuffle, Lock Forward Shuffle, Pivot, Lock Forward Shuffle

1 , 2 Step forward on R, Step lock L behind R
3&4 Step forward on R, Step lock L behind R, Step forward on R
4 , 6 Step forward on L, ½ turn R weight on L
7&8 Step forward on L, Step lock R behind L, Step forward on L

A3. Touch Forward 2x, Step Together, Jazz Box

1 , 2 Touch R on diagonal forward with hips, Step R beside L
3 , 4 Touch L on diagonal forward with hips, Step L beside R
5 , 6 Cross R over L, Step back on L
7 , 8 Step R on R side, Step forward on L

A4. Cross Samba 2x, Jazz Box Turn

1&2 R cross over L, L step L side, R step on to R
3&4 L cross over R, R step R Side, L step on to L
5 , 6 R cross over L, Turn ¼ R Step back on L
7 , 8 Step R on R side, Step Forward on L

B1. Drag On R, Twist, Drag on L, Twist

1 , 2 Long step R to on R side toward L to R, Step L Beside R
3&4 Both of toe to R side, Both of toe to L side, Both of toe to centre
5 , 6 Long step L to L side toward to R to L, Step R beside L
7&8 Both of toe to L side, Both of toe to R side, Both of toe to centre

B2. Syncopated Forward Lock Shuffle, ½ Turn R, Syncopated Forward Lock Shuffle, ¼ L Turn

1&2& Step forward on R, Step lock L behind R, Step forward on R, Step lock L behind R
3&4 Step R forward, Step L forward, ½ R turn weight on R
5&6& Step L forward, Step lock R behind L, Step L forward, Step lock R behind L
7&8 Step L forward, Step R forward, ¼ L turn weight on L

B3. Cross, Rock Recover, Out Out, In In

1&2 R Cross over L, Recover on L, R step beside L
3&4 L Cross over R, Recover on R, L step beside R
5&6 R Step diagonal forward, L Step diagonal forward
7 , 8 R Step on centre, L Step beside R

B4. Mambo R Side, Mambo L Side, Mambo Forward, Mambo Backwards

1&2 Step R to R side, Recover on L, Step R beside L

3&4 Step L to L Side, Recover on R, Step L beside R
5&6 Step forward on R, Recover on L, Step R beside L
7&8 Step backwards on L, Recover on L, Step L beside R

TAG

1-2 Step R Forward, $\frac{1}{4}$ L Turn L on to
3-4 Step R Forward, $\frac{1}{4}$ L Turn L on to
5-6 Step R Forward, $\frac{1}{4}$ L Turn L on to
7-8 Step R Forward, $\frac{1}{4}$ L Turn L on to

Thank You and Hope you Enjoy It

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