

Time to Retox

拍數: 32 牆數: 2 級數: Improver
編舞者: Pat Esper (USA) - April 2018
音樂: Retox (feat. Todd Nielson) - SMO



Dance Map: 32(intro)-32-32-16 restart-32-32-16 restart-32-32

[1-8]: Walk, Walk, Mambo, Walk, Walk, Mambo

- 1-2. Step forward on the right foot. Step forward on the left foot.
- 3&4. Rock the right foot to the side, Recover onto the left foot, Step the right foot next to the left.
- 5-6. Step forward on the left foot. Step forward on the right foot.
- 7&8. Rock the left foot to the side, Recover onto the right foot, Step the left foot next to the right.

[9-16]: Step, Turn (with hip roll), Step, Turn (with hip roll), Rock, Recover, Step back, Coaster step

- 1-2. Step forward on the right foot. Make a quarter turn left while rolling hips counter clockwise.
- 3-4. Step forward on the right foot. Make a quarter turn left while rolling hips counter clockwise.
- 5&6. Rock forward on the right foot, Recover onto the left foot, Step back on the right foot.
- 7&8. Step back on the left foot, Step the right foot next to the left, Step forward on the left foot.

[17-24]: Step-Lock-Step, Step-Lock-Step, Step, Turn, Cross, Turn (hinge turn)

- 1&2. Step forward on the right at a slight angle, Step the left foot up behind the right, Step forward on the right foot at a slight angle.
- 3&4. Step forward on the left foot at a slight angle, Step the right foot up behind the left, Step forward on the left foot at a slight angle.
- 5-6. Step forward on the right foot. Turn a quarter turn to the left.
- 7&8. Step the right foot across the left, Step the left foot to the side, Turn a half turn to the right and step the right foot to the side.

[25-32]: Modified Rumba Box, Heel Switch, Heel Switch, Step, Turn

- 1-2. Step the left foot across the right. Step back on the right foot.
- 3&4. Step the left foot to the side, Step the right foot next to the left, Step in place on the left foot.
- 5&6&. Touch the right heel forward, Step the right foot next to the left, Touch the left heel forward, Step the left foot next to the right.
- 7-8. Step forward on the right foot. Turn a quarter turn to the left.

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