

Sometimes

拍數: 64 牆數: 4
編舞者: Syafri's Fitri (INA) - October 2018
音樂: Sometimes - Britney Spears

級數: Phrased Intermediate



Start : After Intro 16 Count

Restart : Wall 2 (After 32 C)

Tag : 4 Count (Wall 5...After 24 Count)

I. STEP TO SIDE – SACHEE - MAMBO CROSS OVER

1 2 Step R To Side, Step L Together
3&4 Step R To Side, Step L Together, Step R To Side
5&6 Rock L Over R, R Recover, Step L To Side
7&8 Rock R Over L, L Recover, Step R To Side

II. STEP TO SIDE – SACHEE – MAMBO CROSS BEHIND

1 2 Step L To Side, Step R Together
3&4 Step L To Side, Step R Together, Step L To Side
5&6 Rock R Behind L, L Recover, Step R To Side
7&8 Rock L Behind R, R Recover, Step L To Side

III. ROCK R/L/R – MAMBO CROSS BEHIND

1&2 Rock R In Place , Rock L In Place, Rock R In Place
3&4 Rock L Behind R, R Recover, Step L To Side
5&6 Rock R In Place, Rock L In Place, Rock R In Place
7&8 Rock L Behind R, R Recover, Step L To Side

IV. STEP DIAGONAL – STEP TOGETHER – ROCK R/L/R IN PLACE

1 2 Step R Diagonal, Step L Together
3&4 Rock R In Place, Rock L In Place, Rock R In Place
5 6 Step L Diagonal, Step R Together
7&8 Rock L In Place, Rock R In Place, Rock L In Place

V. ROCK MAMBO – STEP BACK - COUSTER STEP

1&2 Rock R Back, L Recover, Step R Together
3&4 Rock L Forward, R Recover, Step L Together
5 6 Step R Back, Step L Back
7&8 Step R Back, Step L Together, Step R Forward

VI. ROCK MAMBO – ROCK R/L/R

1&2 Rock L Forward, R Recover, Step L Together
3&4 Rock R Back, L Recover, Step R Together
5&6 Rock L In Place, Rock R In Place, Rock L In Place
7&8 Rock R In Place, Rock L In Place, Rock R In Place

VII. RHUMBA BOX – TURN ¼ TO LEFT

1&2 Step R To Side, Step L Together, Step R Back
3&4 Step L To Side, Step R Together, Step L Turn ¼ To Left
5&6 Step R To Side, Step L Together, Step R Back
7&8 Step L To Side, Step R Together, Step L Turn 1/4

VIII. CROSS - SWAP BEHIND – SHUFFLE FORWARD – TURN ¼ TO RIGHT

1&2 Step R Over L, L Recover, Step R Behind L

3&4 Swap L Cross Behind R, R Recover, Step L Cross Over R
5&6 Step R Forward, Step L Lock Behind R, Step R Forward
7&8 Step L Turn $\frac{1}{4}$ To Right, R Recover , Step L Cross Over R

TAG : 4 COUNT

1 2 Step R Out, Step L Out
3 4 Step R In, Step L I

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