Sometimes

拍數: 64

級數: Phrased Intermediate

編舞者: Syafri's Fitri (INA) - October 2018

音樂: Sometimes - Britney Spears

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

- 12 Step R To Side, Step L Together
- 3&4 Step R To Side, Step L Togrther, 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

- 12 Step L To Side, Step R Thogether
- 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
- Rock L Behind R, R Recover, Step L To Side 7&8

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
- Rock R In Place, Rock L In Place, Rock R In Place 5&6
- 7&8 Rock L Behind R, R Recover, Step L To Side

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

- Step R Diagonal, Step L Together 12
- 3&4 Rock R In Place, Rock L In Place, Rock R In Place
- 56 Step L Diagonal, Step R Together
- Rock L In Place, Rock R In Place, Rock L In Place 7&8

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
- 56 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
- Rock R In Place, Rock L In Place, Rock R In Place 7&8

VII. RHUMBA BOX - TURN ¼ TO LEFT

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

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

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





牆數: 4

- 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 ¼ 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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