

No Help

拍數: 32 牆數: 2 級數: Improver
編舞者: Arnold Hamdan (INA) - December 2018
音樂: No Help - Inna



Start : After 16 Count

Forward Swift Recover, Coaster Step, 1/4 pivot turn Left, Cross Shuffle

1, 2, 3 Forward R, Swift L forward, Recover R
4 & 5 Back L, close together R, Forward L
6, 7 Forward R, Turn 1/4 Left
8 & 1 Cross R over L, L to Left side, Cross R over L

Samba Step, Forward Mambo, Back Mambo

2 & 3 Step L to Left side, Cross R behind L, recover L
4 & 5 Step R to Right side, Cross L behind R, recover R
6 & 7 Forward L, Recover R, Step L Back
8 & Step R back, Recover L,

Diamond

1 & 2 Step R Forward, L to Left side, 1/8 R back
3 & 4 Step L back, 1/8 R to Right side, 1/8 Forward L
5 & 6 Step R Forward, 1/8 L to Left side, 1/8 R back
7 & 8 Step L back, 1/8 R to Right side, Step L Forward

Step Forward, Recover Close together, Step Forward, Recover Close together, Sway option Body Roll, Back Recover

1, 2 & 3 Step R Forward, Recover L, Close together R, Step L Forward
4 & 5, 6 Recover R, Close Together L, Step R forward, Recover L (Sway option Body Roll)
7, 8 Step R back, Recover L

Tag & Restart on Wall 8 :

Jazz Box

1,2,3,4 Step R Cross over L, Step L Back, R to Right side, Forward L