

拍數: 64 牆數: 2 級數: Easy Intermediate
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音樂: Best Is Yet to Come - LuvBug



INTRO 32. Starts on instrumental

SECTION 1: JAZZBOX, LEFT SHUFFLE, WALK WALK, KNEE POPS

1,2,3 Cross R over L, Step back on L, Step R to R Side
4 & 5 Shuffle fwd stepping L,R,L
6, 7 Walk fwd R, L
& 8 Lift both heel popping g knees fwd, replace heels

SECTION 2: WALK BACK BACK, BACK LOCK STEP, BACK ROCK ,SHUFFLE

1, 2 Walk back L, R
3&4 Step back L, lock R in front of L, Step back L
5,6 Rock back on R, Recover on L
7 & 8 Shuffle fwd stepping R,L,R

SECTION 3: SIDE ROCK CROSS SHUFFLE, SIDE ROCK BEHIND ¼ STEP

1,2 Rock L to Left Side, Recover R
3 &,4 Cross L over R, Step R to R side, Cross L over R
5,6 Rock R to R side , Recover on L
7 & 8 Step R behind L, Turn ¼ L stepping fwd L, Step fwd R (9:00)

SECTION 4: STEP TOUCH BALL WALK WALK FORWARD ROCK SAILOR ¼

1, 2 & Step fwd on L, Touch R by L, Step back slightly on R
3, 4 Walk fwd L, R
5 - 6 Rock fwd on L , recover on R
7 & 8 Turn ¼ L stepping behind L, step R to R side, step L to L side (6:00)

RESTART HERE WALL 1

SECTION 5: CROSS SHUFFLE, CHASSE , BACK ROCK KICK BALL CROSS

1 &2 Cross R over L, Step L to L side, Cross R over L
3& 4 Step L to L side, Close R to L, Step L to L side
5,6 Rock back on R , recover on L
7&8 Kick R to R diagonal, step on ball of L. Cross R over L

SECTION 6: SWAY SWAY CHASSE CROSS ROCK CHASSE

1,2 Step R to R side swaying R, Sway L taking weight onto L
3&4 Step R to R side , Close L to R, Step R to R side
5,6 Cross rock L over R, Recover on R
7 &8 Step L to L side, Close R to L, Step L to L side

SECTION 7: FORWARD ROCK SHUFFLE ½ , ¼ BEHIND ¼ SHUFFLE

1,2 Rock fwd on R, Recover on L
3&4 Shuffle ½ R stepping R fwd, close L together Step R fwd (12:00)
5,6 Turn ¼ R stepping L to L side , Step R behind L (3:00)
7&8 Turn ¼ L Shuffle fwd L, Stepping L,R,L (12:00)

SECTION 8: FORWARD ROCK ¼ POINT HOLD, ¼, ½ COASTER STEP

1,2 Rock fwd on R, Recover on L
&3,4 Turn ¼ R stepping into R, Point Left to L side Hold (3:00)

5,6 Turn ¼ stepping L fwd, turn ½ L stepping R back
7&8 Step back on L, Step R together, Step fwd on L

TAG AT THE END OF WALL 2 & 4

V STEP , OUT OUT RIGHT HEEL TWIST LEFT HEEL TWIST

1,2. Step R out fwd, Step L out Fwd
3,4. Step R back, Close L to R
5,6. Step R out, Step L out
&7&8. Twist R heel in, replace, Twist L heel in , replace

Special Thanks to Steve for the track suggestion
