

Tombé EZ

拍數: 64 牆數: 4 級數: Phrased Beginner
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音樂: Tombé - M. Pokora



Start : 16 counts (approximately 7 sec)

Sequence : A-A-B-B-A-A-B-B-A-B-B-A

Part A : 32 counts

[1-8] : Walk, Walk, Walk, Touch, Side touch, Side touch

1-2 RF FW, LF FW
3-4 RF FW, Touch LF next to RF
5-6 LF to L side, Touch RF next to LF
7-8 RF to R side, Touch LF next to RF

[9-16] : Walk, Walk, Walk, Touch, Side touch, Side touch

1-2 LF back, RF back
3-4 LF back, Touch RF next to LF
5-6 RF to R side, Touch LF next to RF
7-8 LF to L side, Touch RF next to LF

[17-24] : Vine, Point, Vine, Point

1-2 RF to R side, LF behind RF
3-4 RF to R side, Point LF to L side
5-6 LF to L side, RF behind LF
7-8 LF to L side, Point RF to R side

[25-32] : Rocking-Chair, 1/8 L, 1/8 L

1-2 RF FW, Recover to LF
3-4 RF Back, Recover to LF
5-6 RF FW, Make 1/8 L
7-8 RF FW, Make 1/8 L

Part B : 32 counts

[1-8] : Toe strut, Toe strut, Rocking-Chair

1-2 Toe strut RF FW (Step right toe FW RF, drop right heel)
3-4 Toe strut LF FW (Step left toe FW LF, drop left heel)
5-6 RF FW, Recover to LF
7-8 RF Back, Recover to LF

[9-16] : Heel strut, Heel strut, Walk back, Together

1-2 R heel FW, Drop R toe on the floor (touch body with arms)
3-4 L heel FW, Drop L toe on the floor
5-6 RF back, LF back
7-8 RF back, LF next to RF

[17-24] : Turn head, Turn head, R hand, L hand, Cross arms

1-2 Turn head from R to L between the hands
3-4 Turn head from L to R between the hands
5-6 R arm (extend arm R with the openhand), L arm (extend arm L with the openhand)
7-8 Cross arms front the body

[25-32] : Paddle turn 1/2 L (uncross arms with the palm of hand towards the ground), Jazz-box

1-2 Make 1/8 L with R point, Make 1/8 L with R point
3-4 Make 1/8 L with R point, Make 1/8 L with R point
5-6 Cross RF over LF, LF back
7-8 RF to R side, LF next to RF

NOTA : RF = Right foot ; LF = Left Foot ; FW = Forward
For arms, watch video

Smile and enjoy the dance
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