AB Sally's Mantra (aka Beer Can't Fix)

拍數: 32 **牆數:** 1 **級數:** Absolute Beginner
編舞者: Janet Cummings (USA) - June 2019
音樂: Beer Can't Fix (feat. Jon Pardi) - Thomas Rhett

Intro: 32 Count - No Tags or Restarts

SECTION 1: STEP R TO RIGHT WITH A DIP, FLARE L TOES; DIP WHILE CENTERING AND DROPPING L TOES, FLARE R TOES, VINE RIGHT

1, 2	Dip (Bending Knees), Stepping R to Right, Flare L Toes to Left While Straightening
3, 4	Dip (Bend knees) While Dropping L Toes to Center, Flare R Toes Out to Right While Straightening
5, 6, 7, 8	Center and Drop R Toes, L Step Behind, R Step to Right, L Touch

SECTION 2: STEP L TO LEFT WITH A DIP, FLARE R TOES; DIP WHILE CENTERING AND DROPPING R TOES, FLARE L TOES, VINE LEFT

1, 2	; Dip (Bend Knees) While Stepping L to Left, Flare R Toes to Right While Straightening
3, 4	Dip (Bend Knees) While Dropping R Toes to Center, Flare L Toes to Right While Straightening
5, 6, 7, 8	Center and Drop L Toes, R Step Behind, L Step to Left, R Touch

NOTE: Sections 1 and 2 appear complicated in writing, but are relatively easy when you see the video.

SECTION 3: FORWARD STEP, LOCK, STEP, TAP TOE BEHIND; BACK STEP, LOCK, STEP, TOUCH

1, 2, 3, 4	R Step Forward, L Close Behind, R Step Forward, Tap L Toe Behind
5, 6, 7, 8	L Step Back, Step R Close In Front, L Step Back, R Touch

NOTE: If desired, you can do a Step, Slide, Step, Tap/Touch Forward and Back instead of a Lock

SECTION 4: TRI ROCKER, STOMP, STOMP

1, 2, 3, 4	R Rock Forward, L Recover; R Rock to Side, L Recover
5, 6, 7, 8	R Rock Back, L Recover, R Stomp, L Stomp

New Steps Covered in this dance: Dips, Flares, Locks (Forward & Back), Tri Rocker; Great job guys. Remember to fully enjoy the “Line Dance Experience” follow floor etiquette. Ask your instructor for a copy of the rules. Thanks for checking in, see you soon!
Studies show that Dance enhances Physical and Mental health! May God be with us as we move forward step by step.

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