

Be Good For The Children

拍數: 44 牆數: 4 級數: Improver
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音樂: Song for the Children - Oscar Harris



No Tag, No Restart - Fun and happy dance

Part 1 : Step side, step close, step forward, Heel dig.

1 & 2 Step RF to R side, step LF close to RF, step RF forward
3 & 4 Step LF to L side, Step RF close to LF, Step LF forward
5&6&7&8& Touch toe R, step RF down, Heel LF, step LF, Touch Toe RF, step RF down, LF Heel step ,
step LF

Part 2 : Mambo, triple step , turn 1/2 left, Bottafogo

1 & 2 Step RF forward, Recover LF, Step RF back
3 & 4 Triple step L, R, L whilst turning 1/2 left
5 & 6 Step RF cross over LF, step LF to side, recover RF
7 & 8 Step LF cross over RF, step RF to side, recover LF

Part 3 : Triple step 2 x (making V shape), turn 1/8 left, syncopated side mambo, Hitch

1 & 2 Triple step back diagonal R, L, R (04.30)
3 & 4 Triple step forward (1.30) L, R , L
5 & 6 & 7 & 8 & Turn 1/8 left, (12.00) Step RF to R side, recover LF, Step RF close to LF, Step LF to L side,
Recover R, step LF close to RF , Hitch RF

Part 4 : Triple step back , kick , Coaster step, Lock shuffle forward.

1 & 2 & Step RF back, step LF close to RF , step RF back, kick LF diagonal to left
3 & 4 & Repeat the same step, starting with LF ending kick RF diagonal forward
5 & 6 Step RF back, step LF close to RF, step LF forward.
7 & 8 Step LF forward, step RF cross behind LF, Step LF forward

Part 5 : Mambo cross, turn 1/4 left, chasse, samba whisk

1 & 2 Step RF forward, turn 1/4 left, step LF in place, step RF cross over,
3 & 4 chasse to left L,R,L
5 & 6 step RF cross behind LF, Recover LF, step RF to right side.
7 & 8 step LF cross behind RF, Recover RG, Step LF to L side.

Part 6 : (4 counts) : Step Forward, turn 1/2 left, stomp 2

1 - 2 Step RF forward, turn 1/2 left, step LF in place,
3 - 4 Stomp RF , LF.