

Rumors

拍數: 64 牆數: 1 級數: Intermediate
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音樂: Rumors - Lindsay Lohan



No Tag No Restart

Start on Lyrics ♥ after 32 counts

S1# BALL CROSS - SIDE - CROSS - SIDE - PRESS FORWARD - SWIVEL - HITCH BACK - HITCH - CLOSE

&-1-2 Step L close beside R , R cross over L , L to side
&-3-4 Step R cross behind L , L side , R press forward
5&6 Step R heel up out - in - out
&7&8 R knee up , R back , L knee up , L close beside R

S2# SIDE - 1/4 TURN - BACK (KICK) - RUN IN PLACE - KNEE POPS - JUMP OUT IN OUT

1&2. Step R to side , L back 1/4 turn to L , R back with L kick forward
3&4 Step L - R - L run in place
5&6. R knee both diagonal to R, Back centre , L knee both diagonal to L
7&8 Jump R Out - L in - R Out (both foot)

S3# CROSS BEHIND - SIDE - PRESS FORWARD - HOLD - CLOSE - PRESS FORWARD - SWIVEL HEEL - BODY WAVE - BACK CLOSE - BACK

1&2 Step R cross behind L , L to side , R press forward
3&4 Hold , R close beside L , L forward
5-6 R toes both 1/4 to R out , L toes both 1/4 to L
7&8 Body Wave , L close beside R , R back

S4# HIPS POPS - BALL FORWARD - SKATE - SKATE 1/4 - SKATE 1/2

1&2 Doing hips down, up , down
&-3-4 L close beside R , R forward , L close beside R
5&6 Skate R to side , L 1/4 to L close touch beside R , L to side
7&8 Skate R 1/2 turn to L close touch beside L , R to side , L close beside R

S5#SIDE MOONWALK - BACK - CLOSE - SIDE - CLOSE

1-2 R heel up and tap heel with L push slide to side , L Heel up beside R
3-4 L heel tap with L push slide to L , R close touch beside L
5-6 Step R back slightly , L close beside R
7-8 Step R slightly to side , L close beside R

S6# BALL HITCH TO SIDE - SIDE DRAG - SIDE - TAP IN PLACE - SIDE - KNEE POP

&1&2 L ball in place , R knee up , R to side , L ball beside R , R knee Up
&-3-4 R to side , L ball beside R with R knee up , R close beside L
5-6 L slide to side , R close beside L
&-7-8 L tap in place , R to side , R knee In with R heel Up

S7# CROSS BEHIND - BACK SWEEP - SAILOR - SHOULDER POPS - HOLD - CLOSE - SIDE

1-2 Step R cross behind L , L sweep back beside L
3&4 Step L cross behind R , R to side , L side
5&6& Shoulders pops (L R L R)
7&8 Hold , R close beside L , L to side

S8# CROSS - 1/4 TURN - PIVOT 1/2 - KICK RUN - 1/4 SIDE DRAG

- 1-2 Step R cross behind L , L forward 1/4 turn to L
3-4 Step R forward 1/2 turn to L , L in place
5&6& Step R kick forward , R close beside L with L kick forward , L close beside R with R kick forward , R close beside L
7-8 Step L forward , R slightly 1/4 turn to L (12.00)

Enjoy The Dance

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