

Besoin D'air

拍數: 32 牆數: 2 級數: High Improver
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音樂: Besoin d'air - Lou



Intro 16 counts

[1-8] KICK BALL POINT, ¼ TURN, STEP BACK SIT KNEE POP, ROCK STEP BACK, KICK STEP, TOUCH CROSS BEHIND & SNAP

1&2 Kick RF fwd (1), Recover RF beside LF (&), Point LF to the left (2) 12h
3-4 Make ¼ turn to the left (BW RF)(3), Back LF (BW on the LF) flex left knee at the same time
flex right knee with lift right heel (POP) (4) 9h
5-6 Step RF back with RBW (5), Recover BW on LF (6)
7&8 Kick RF forward (7), Step RF fwd (&), Touch L toe behind RF and snap with both hands (8)

[9-16] UNWIND ½ TURN, STEP BACK, COASTER CROSS, STEP SIDE, BALL HITCH, OUT OUT BACK, SWIVEL

1-2 Unwind ½ turn to the left recover BW on LF (1), Step RF back (2) 3h
3&4 Step LF back (3), Together RF beside LF (&), Step LF cross front RF (BW LF)(4)
5-6 RF to the right (5), Together LF beside RF with hitch right knee (Ball Hitch)(6)
7&8 Step back RF (out)(7), Step back LF (out)(8), BW LF swivel right heel inside (8)

[17-24] TWIST, ½ TURN SWEEP, COASTER STEP, MAMBO STEP, DRAG, BALL STEP

1-2 Twist heels to the right (1), Make half turn to the right with RF sweep (BW LF) (2)
3&4 Step back RF (3), Together LF beside RF (&), Step RF fwd (4) 9h
5&6 Step LF fwd (5), Recover BW on RF (&), Big step back LF (6)
7&8 Drag RF beside LF (7), Ball change on RF (&), Step LF fw (8)

[25-32] HITCH BUMP ¼ TURN, POINT, ¼ TURN CAMEL WALK, ¼ TURN R, SLIDE TOUCH, STEP BACK TOUCH 2X

1&2 Make ¼ turn to the left (BW LF) with hitch bump right knee (1), Step RF to right (&), Point LF
to the left (2) 6h
3-4 Together LF beside RF with ¼ turn to the left and right knee pop (3), Step RF fw and left
knee pop (4) 3h
5-6 Make ¼ turn to the right Big step LF to the left (5), Drag RF and touch RF beside LF (6) 6h
&7&8 Step back RF (&), Touch toe LF beside RF (7), Step back LF (&), Touch toe RF beside LF (8)

For the Final, wall 11 (start in face of 12h). Changing the last 2 dance counts. On the (&) make ½ turn to the left with LF to face at 12h and Touch toe RF beside LF (8)

Source : this car dis the original. If you have any question, do not hesitate to contact me :
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