Goin' Down

拍數: 32

級數: Beginner / Improver

編舞者: James Hart (USA) - July 2020

音樂: You Only Come Up When I'm Down - Skip Ewing

SLOW, SLOW, QUICK, QUICK

- 1-2 Step forward on LF and hold
- 3-4 Step forward on RF and hold
- 5-6 Step forward on LF, RF

SLOW, SLOW, QUICK, QUICK

- 7-8 Step forward on LF and hold
- 1-2 Step forward on RF and hold
- Step forward on LF, RF 3-4

CROSS STEP LF OVER RF, TURNING 1/4 TURN TO LEFT

- 5-6 Cross step LF over RF
- 7-8 Step back on RF, turning 1/4 turn to left (CCW)

WEAVE

- Step LF to left 1
- 2 Step RF across LF
- 3 Step LF to left
- 4 Step RF behind LF
- 5 Step LF to left
- 6 Step RF across LF
- 7 Step LF to left
- 8 Step RF behind LF

ROCK STEP SIDE TO 1/4 TURN, STEP PIVOT 1/2 TURN

- Rock step LF to left side, weight to RF, pivot 1/4 turn on RF to right and step LF forward, hold 1-4
- 5-8 Step RF forward, 1/2 turn to left (CCW) with weight going to LF, step RF forward, hold

START OVER

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牆數: 2