

Checklist

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Max - Checklist



Start after the lyric "checklist one two three"

[1-8] FWD COASTER STEP, BACK, BACK, 1/2 TURN LEFT SAILOR , FORWARD ROCK, RECOVER, TOGETHER

- 1&2 Step RF forward, step LF next to RF, step RF back
- 3 4 Step LF back, step RF back
- 5&6 Making 1/2 turn left step LF behind RF, step RF to right, step LF to left (6:00)
- 7&8 Rock RF forward, recover weight onto LF, step RF next to LF

[9-15] CROSS, STEP 1/4 TURN LEFT, STEP 1/4 TURN LEFT, CROSS , HIP BUMP, 1/2 TURN RIGHT ROCK, RECOVER

- 1 2 Cross LF over RF, making 1/4 turn left step RF behind LF
- 3 4 Making 1/4 turn left step LF next to RF, cross RF over LF(12:00)
- 5&6 Step LF forward with moving hip left, move hip right, move hip left (weight on LF)
- 7 8 1/2 turn right weight onto RF, recover weight onto LF(6:00)

[16-24] BACK WITH SWEEP X2, HIP BUMP, STEP, HITCH, STEP LOCK STEP.

- 1 2 Sweep RF back , sweep LF back
- 3&4 Step RF back, bump hip left, recover on RF
- 5 6 Step LF in place, hitch LF
- 7&8 Step LF in place, lock RF behind LF, step LF forward

[25-32] HALF BOX TURN, 1/2 TURN LEFT BACK LOCK STEP, KICK BALL POINT x 2

- 1 2 Making 1/4 turn left step RF back, making 1/4 turn left step LF forward
- 3&4 Making 1/2 turn left step RF back, lock LF over RF, step RF back
- 5&6 Kick LF forward, step LF beside RF, point RF to right
- 7&8 Kick RF forward, step RF beside LF, point LF to left

[33-40] CROSS BACK ROCK , DIAGONAL WALK R-L-R WITH KNEE POP, MAMBO STEP, BACKx3

- 1&2 Rock LF behind RF, recover RF, step LF side
- 3&4 Step RF diagonally left forward with knee pop, step LF forward with knee pop, step RF forward with knee pop(10:30)
- 5&6 Rock LF forward, recover on RF, step LF back
- 7&8 Step RF back, step LF back, step RF back (still 10:30)

[41-48] 1/8 TURN LEFT SAILOR, 1/4 TURN RIGHT SYNCOPATED JAZZ BOX, OUT, OUT, IN, CROSS, SIDE, TOUCH BEHIND

- 1&2 Step LF behind RF, step RF to right, making 1/8 turn left step LF to left(9:00)
- 3&4& Cross RF over LF, step LF back, making 1/4 turn right step RF to right(12:00), step LF forward
- 5&6& Step RF out, step LF out, step RF in, cross LF over RF
- 7 8 Step RF to right side, touch LF behind RF

[49-56] ROLLING FULL TURN LEFT, CROSS ROCK x2

- 1 2 Making 1/4 turn left step LF forward, making 1/2 turn left step RF back
- 3 4 Making 1/4 turn left step LF side, touch RF to LF
- 5&6 Rock RF cross over LF, recover onto LF, step RF beside LF

7&8 Rock LF cross over RF, recover onto RF, step LF beside RF

[57-64] WALK, WALK, 1/2 PIVOT LEFT TURN, WALK x4

1 2 Step RF forward, Step LF forward

3 4 Step LF forward, pivot 1/2 turn left

5 6 Step RF forward, step LF forward

7 8 Step RF forward, step LF forward

RESTART ON WALL 2 AFTER SECTION 1 (FACING 12:00)
