

Ramona

拍數: 64 牆數: 2 級數: Beginner
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音樂: Ramona - The Blue Diamonds



Intro : 16 count (No tag, No Restart)

Section 1: Walk Fwd R, L, R, Hold

1 - 4 Step R Fwd, Step L Fwd, Step R Fwd, Hold (weight on R)
5 - 8 Step L Fwd, Step R Fwd, Step L Fwd, Hold (weight on L)

Section 2: Touch, Heel, Touch, Heel

1 - 4 Touch R toe Fwd, step R beside L, Touch L heel Fwd step L beside R
5 - 8 Touch R toe Fwd, step R beside L, Touch L heel Fwd step L beside R

Section 3: Step Back, Hold

1 - 4 Step R Back, Step L Back, Step R Back, Hold (weight on R)
5 - 8 Step L Back, Step R Back, Step L Back, Hold (weight on L)

Section 4: Touch, Heel, 1/4 turn Left Touch, Heel

1 - 4 Touch R toe Fwd, step R beside L, Touch L heel Fwd step L beside R
5 - 8 1/4 turn to Left Touch R toe Fwd, step R beside L, Touch L heel Fwd step L beside R

Section 5: Vine Right, Touch, Vine Left, Touch

1 - 4 Step R side, Cross L Behind R, Stel R Side, Touch L beside R
5 - 8 Step L side, Cross R Behind R, Stel L Side, Touch R beside L

Section 6: Step Diagonal Touch Forward R, L, Step Diagonal Touch Backward R, L

1 - 4 Step R Diagonal (7.30) ,Touch L beside R ,Step L Diagonal (10.30) ,Touch R beside L
5 - 8 Step R Diagonal back, Touch (10.30) , Step L Diagonal (7.30) ,Touch R Beside L

Section 7: 1/8 Paddle, 1/8 Paddle, Jazz Box

1 - 4 R step side, 1/8 Turn L weight on L, Repeat
5 - 8 R Cross Over L, L Step Back, R Step Side, L step Beside R

Section 8: Forward mambo, Hold Couster Step, Hold

1 - 4 R step Forward, Recover on L, R Step Beside L, Hold (weight on R)
5 - 8 L step Back, R Step next to L, L Step Fwd, Hold