

拍數: 72

級數: Phrased Easy Intermediate

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SEQUENCE : AAAA-BB-C-AAAA-BB-C-AAAAA(4)-Tag-C

Intro 16 counts

PART A (8 counts)

A1: FORWARD, KICK BALL TOUCH, ¾ TURN L, COASTER STEP

- Step Rf forward, step Lf forward 1.2
- 3&4 Kick Rf forward, step Rf beside Lf, touch Lf to L
- 5.6 1/4 turn Lstep Lf forward, 1/2 turn L step Rf back
- Step Lf back, close Rf next to Lf, step Lf forward 7&8

PART B (16 counts)

B1. SIDE, CROSS, SIDE, JUMP SLOWLY

- 1,2 Step Rf to R, cross Lf,over Rf
- 3,4 Step Rf to R, jump slowly with both legs (clap)
- 5,6 Step Lf to L, cross Rf over Lf
- 7.8 Step Lf to L, jump slowly with both legs (clap)

B2. STEP, TOUCH, BODY WAVE

- 1,2 Step Rf to R, touch Lf beside Rf
- 3.4 Step Lf to L. touch Rf beside Lf
- 5-8 Step Rf to R while moving your body to R-L-R-L

PART C (48 counts)

C1. TOUCH, BEHIND-SIDE-CROSS, SHUFFLE ¾ TURN R

- 1.2 Touch Rf forward, touch Rf, to R
- Cross Rf behind Lf, step Lf to L, cross Rf over Lf 3&4
- 5&6 1/4 turn R back shuffle on Lf-Rf-Lf
- 1/2 turn R shuffle forward on Rf-Lf-Rf 7&8

C2. ROCK STEP, HITCH, ¼ TURN L, COASTER STEP

- 1&2 Rock Lf forward, recover on Rf, step Lf back
- 3&4 Rock Rf back, recover on Lf, step Rf forward
- 5.6 Hitch on Lf, bring it ¹/₄ turn L
- 7&8 Step Lf back, close Rf next to Lf, step Lf forward

Section C3 & C4 repeat section C1 & C2

C5. OUT-OUT, TWIST INWARD, PIVOT 1/2 TURN L X2

- 1,2 Step Rf to R diagonal forward, step Lf to L diagonal forward
- 3&4 Slide both heels in, slide both toes in, slide both heels in
- Step Rf forward, 1/2 turn L weight on Lf 5.6
- Step Rf fprward, 1/2 turn L weight on Lf 7,8

C6. OUT-OUT, TWIST INWARD, PUSH SHOULDERS

- 1.2 Step Rf to R diagonal forward, step Lf to L diagonal forward
- 3&4 Slide both heels in, slide both toes in, slide both heels in
- 5,6 Push your shoulders twice to R





牆數: 0

Tag (4 counts) after part A (4 counts)

TOGETHER, HEEL 2X, UNWIND FULL TURN

&1&2 Step Lf beside Rf, touch R heel forward, step Rf beside Lf, touch L heel forward

&3,4 Step Lf beside Rf, cross Rf over Lf then full turn to L (weight on Lf)

Option Tag, you can freestyle !!

Have Fun....