

Aduh

拍數: 32 牆數: 4 級數: High Beginner
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音樂: Aduh - Marion Jola



Intro -16 counts

S1. BOTAFOGO, ROCK STEP

1&2 Cross RF over LF, step ball LF to L, recover on RF
3&4 Cross LF over RF, step ball RF to R, recover on LF
5&6& Cross RF over LF, recover on LF, rock RF to R, recover on LF
7&8& Cross RF over LF, recover on LF, rock RF to R, recover on LF

S2. CROSS STEP, TOGETHER, ROCK CROSS, ROCK SIDE, ¼ TURN L COASTER STEP

1&2& Cross RF over LF, step LF to L, cross RF behind LF, step LF to L
3&4 Cross RF over LF, step LF to L, close RF next to LF
5&6& Rock LF over RF, recover on RF, rock LF to L, ¼ turn L recover on RF
7&8 Step LF back, close RF next to LF, step LF forward

S3. DIAMOND STEP WITH HITCH

1&2& Cross RF over LF, step LF to L, 1/8 turn R step RF back, hitch on LF
3&4& Step LF back, 1/8 turn R step RF to R, 1/8 turn R step LF forward, hitch on RF
5&6& Step RF forward, 1/8 turn R step LF to L, 1/8 turn R step RF back, hitch on LF
7&8 Step LF back, 1/8 turn R step RF to R, step LF forward

S4. MAMBO STEP, PADDLE STEP ¼ TURN L

1&2 Rock RF forward, recover on LF, step RF back
3&4 Rock LF back, recover on RF, step LF forward
5&6& Step ball RF forward, 1/8 turn L recover on LF, step ball RF forward, 1/8 turn L recover on LF
7&8& Step ball RF forward, ¼ turn L recover on LF, step ball RF forward, ¼ turn L recover on LF

Tag (4 counts) after Wall 6 - Hip Roll in place

Have Fun...
