

Minefields

拍數: 48 牆數: 2 級數: Easy Advanced NC
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音樂: Minefields - Faouzia & John Legend



Restart on wall 5 after 16 counts

WALK WALK, ¼ Turn BASIC NIGHTCLUB ON R, HALF TURN OVER RIGHT SHOULDER, WALK WALK, ROCK RECOVER STEP BACK

- 1 2 1 Walk forward on R foot, 2 walk forward on L foot
3 4&5 3 make a ¼ turn as you step R foot to R side, 4 close L foot to R, & cross R foot over L, 5 make a half turn over R shoulder as you step L to the L side (trace the R foot across the floor).
6 7 6 make 1/8 of a turn as you step forward on your R foot (towards 4.30), 7 Walk forward on L foot (towards 4.30)
8&1 8 Rock forward on R foot (towards 4.30), & recover back on L foot, 1 step a big step back on R foot.

RUN BACK TOWARDS 10.30, ¼ TURN OVER L SHOULDER, RUN FORWARD TOWARDS 1.30, ROCK RECOVER (OPTIONAL ARABESQUE), CROSS R OVER L, STEP BACK ON L, STEP R CROSS L OVER R, BASIC NIGHTCLUB R.

- 2&3 2 step back on L foot, & step back on R foot, 3 make a ¼ turn over L shoulder stepping on L (towards 1.30)
4&56 4 step forward on R foot (towards 1.30), & step forward on L foot, 5 step forward on R (option to lift back leg in the air for an arabesque), 6 step L to L side (squaring up to 12, o'clock).
7&8&1 7 cross R foot over L, & step back onto L foot, 8 step R to R side (stepping back on a slight diagonal), & cross L over R, 1 big sidestep to the R on R foot.

RESTART HERE ON WALL 5: 7&8& (ON THE & COUNT BRING FEET TOGETHER TO START AGAIN ON R)

FINISH BASIC NIGHTCLUB TO THE R, STEP TO THE L, CROSS R BEHIND, STEP TO THE L, STEP FORWARD ON R, ½ OVER L SHOULDER, STEP FORWARD ON R SWEEPING L, CROSS L OVER, STEP R TO THE SIDE, CROSS L BEHIND SWEEPING R.

- 2&3 2 close L foot to R foot, & cross R over L, 3 step L to L side
4&56 4 cross R behind L, & step L to L side, 5 step R forward, 6 make a ½ turn over L shoulder transferring weight to L foot.
7&8&1 7 step R forward sweeping L foot from the back to the front, 8 cross L foot over R, & step R foot to R side, 1 step L foot behind R sweep/hitch R leg from the front to the back

CROSS R BEHIND, STEP L TO L SIDE, WALK AROUND ¼ TURN, CROSS L OVER R, UNWIND A FULL TURN SWEEPING R LEG FROM FRONT TO BACK, CROSS R BEHIND, STEP L TO L SIDE, CROSS R OVER L (hitch)

- 2& 2 step R behind L, & step L to L side
345 3 cross R over L (towards 4.30), 4 step L forward (towards 6 o'clock), 5 making a ¼ turn over R shoulder step forward on R (facing 9 o'clock)
67 6 cross L over R, 7 with weight on L leg unwind a full turn sweeping R leg from the front to the back
8&1 8 cross R behind L, & step L to L side, 1 cross R over L (hitch L leg up to R knee)

SWEEP SWEEP, CROSS L BEHIND, STEP R TO R SIDE, CROSS L OVER R, SWAY SWAY, ¼ TURN

- 23 2 step to the back diagonal on L foot sweeping R from front to back, 3 step down on R foot sweeping L from front to back.
4&5 4 cross L behind R, & step R to R side, 5 cross L over R

678 6 step R to R side swaying body to the R, 7 sway body to the L, 8 transfer weight back to the R foot making a ¼ turn over R shoulder (facing 12 o'clock)

STEP ½ TURN, FULL TURN, ROCK FORWARD, ROCK BACK RECOVER FULL TURN OVER I SHOULDER

1&2 1 step forward on L foot, & make a ½ turn over R shoulder transferring weight to R foot (facing 6 o'clock), 2 step forward on L foot.

3&4 3 making ½ turn over L shoulder step back on R foot, & making ½ turn over L shoulder step forward on L foot, 4 step forward on R foot.

5&6 5 recover back onto L foot, 6 rock back on R foot, 7 recover weight forward onto L foot.

8& 8 making half turn over L shoulder step back on R foot, & continuing to turn over L shoulder step forward on L (small step)
