

Kapan - Kapan

拍數: 48 牆數: 4 級數: High Beginner
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音樂: Kapan-Kapan - Rinto Nine : (Koes Plus Cover)



SECTION 1. VINE TO R, SIDE ROCK-FORWARD SHUFFLE

1 2 3 4 Step RF to side - Cross LF behind RF - Step RF to side - Cross RF over LF
5 6 7&8 Step RF to side - Recovered on LF - Step RF forward - LF together - Step RF forward

SECTION 2. FORWARD-TOUCH SIDE, FORWARD-TOUCH SIDE, FORWARD ROCK-BACKWARD SHUFFLE

1 2 3 4 Step LF forward - touch RF to side R - Step LF forward - touch LF to side L
5 6 7&8 Step LF forward - Recovered on RF - Step LF backward - RF together - Step LF backward

SECTION 3. CHASSE-PIVOT $\frac{3}{4}$ TURN R, SHUFFLE-SWAY-SWAY

1&2 3 4 Step RF to side - LF together - step RF to side - $\frac{1}{4}$ turn R Step LF forward - $\frac{1}{2}$ turn R
Recover on RF
5&6 7 8 Step LF forward - RF together - Step LF forward, Sway R - Sway L

SECTION 4. CROSS-SIDE-CROSS-TOUCH SIDE (TO L/R)

1 2 3 4 Cross RF over LF - Step LF to side - Cross RF over LF - touch LF to side L
5 6 7 8 Cross LF over RF - Step RF to side - Cross LF over RF - touch RF to side R

SECTION 5. JAZZ BOX, V STEP

1 2 3 4 Cross RF over LF - Step LF back - Step RF to side - close LF beside to RF
5 6 7 8 Step RF diagonal forward - LF diagonal forward, Step RF back to centre - LF close to Right

SECTION 6. FORWARD SHUFFLE, FORWARD SHUFFLE, PIVOT $\frac{1}{2}$ TURN, FORWARD, FORWARD

1&2 3&4 Step RF forward - LF together - Step RF forward, Step LF forward - RF together - Step LF forward
5 6 7 8 Step RF forward - $\frac{1}{2}$ turn L Recover on LF - Step RF forward - LF forward

Restart : 32 count on wall 2, 4, 6 with last count (32) : touch RF beside to LF

Happy dance

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