

Growing Up G-3

拍數: 48

牆數: 4

級數: Beginner / Improver Country Cha
Cha



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音樂: Growing Up - Thomas Rhett

Intro:16 Counts - No Tags, No Restarts

[1 - 9] : SIDE, ROCK STEP, LOCK STEP, SWAY 2X, CHASSE ¼ TURN L.

- 1 Step LF to left side
- 2 Rock back on RF
- 3 Recover forward on LF
- 4&5 (4) Step RF forward , (&) Lock LF behind RF, (5) Step RF forward
- 6 Step L to left side
- 7 Recover weight on RF
- 8&1 (8) Step LF to left side, (&) Step RF together, (1) ¼ Turn L, Step LF forward

[10-17]:ROCK STEP, LOCK STEP 2X

- 2 Rock forward on RF
- 3 Recover back on LF
- 4&5 (4) Step RF back, (&) Lock LF forward RF, (5) Step RF back
- 6 Rock back on LF
- 7 Recover forward on RF
- 8&1 (8) Step LF forward , (&) Lock RF behind LF, (1) Step LF forward

[18-25]:STEP, HOLD, BEHIND, SIDE, CROSS, 2X

- 2 Step RF to right side
- 3 Hold
- 4&5 (4) Cross LF behind RF, (&) Step RF to right side, (5) Cross LF over RF
- 6 Step RF to right side
- 7 Hold
- 8&1 (8) Cross LF behind RF, (&) Step RF to right side, (1) Cross LF over RF

[26-33]:ROCK, SHUFFLE ½ R. TURN, ¼ STEP TURN R., CROSS SHUFFLE

- 2 Rock forward on RF
- 3 Recover back on LF
- 4&5 (4) ¼ Turn R, Step RF to right side, (&) Step LF together, (5) ¼ Turn R, Step RF to right side
- 6 Step forward LF
- 7 ¼ Turn R, weight on RF
- 8&1 (8) Cross LF over RF, (&) Step RF to right side, (1) Cross LF over RF

[34-41]:SIDE, TOGETHER, LOCK STEP FORWARD, SIDE,TOGETHER, LOCK STEP BACK

- 2 Step RF to right side
- 3 Step LF together
- 4&5 (4) Step RF forward , (&) Lock LF behind RF, (5) Step RF forward
- 6 Step LF to left side
- 7 Step RF together
- 8&1 (8) Step LF back, (&) Lock RF forward LF, (1) Step LF back

[42-48]:SIDE, TOGETHER, CROSS SHUFFLE, ¼ STEP TURN R., TOGETHER, CHANGE

- 2 Step RF to right side
- 3 Step LF together
- 4&5 (4) Cross RF over LF, (&) Step LF to left side, (5) Cross RF over LF
- 6 Step forward LF
- 7 $\frac{1}{4}$ Turn R, weight on RF
- 8& (8) Step LF together, (&) change weight on RF

Last Update - 29 April 2021
