AB Spring is Here

級數: Absolute Beginner

編舞者: Russell Breslauer (USA) - February 2022

音樂: Spring Is Here - The Learning Station

Phrased dance AA BB BB

拍數: 24

Start on singing (* options make this a beginner dance)

A - SIDE HOLD TOGETHER HOLD SIDE TOGETHER SIDE TOUCH X 4

- 1 8 Step Right to right, Hold, Left next to right, Hold, to right Right, Left, Right, Hold
- 9 16 Step Left to left, Hold, Right next to left, Hold, to left Left, Right, Left, Hold

*Options: Instead of the holds, you can do a touch or a swing.

B - FORWARD AND BACK

- 1 4 Step forward Right, Left, cross Right over left, Hold
- 5 8 Step back Left, Right, Left, Hold

* Option on 4th B, use your hand over your eyes to look, on the step backs, turn a full circle. For a 4-wall dance turn 3/4 to the left except on the last (Frog) where you make a full circle.

REPEAT

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牆數: 1