

Traveling Without Cigarettes

拍數: 32 牆數: 4 級數: Beginner
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音樂: King Of The Road - Rick Guard : (Song - 2009)



No tags or restarts.

Introduction: 16 counts , start on approx. 09 sec.

NOTE: (Great cover version track of Rick Guard).

Part 1. [1-8] R Step, L Beside, R Back, L Hook, L Rock, L Recover with Sweep R, Hold.

1,4 Step Rf fwd (1), Step Lf beside Rf (2), Step Rf back (3), Hook Lf across Rf (4).
5,6 Rock Lf fwd (5), Recover back onto Rf (6).
7,8 Recover back onto Lf and sweep Rf from back to front (7), Hold (8).

Part 2. [9-16] R Step, L Side, R Behind with Sweep L, Weave R, Hold.

1,4 Step Rf fwd (1), Step Lf to L (2), Step Rf behind Lf (3), Sweep Lf from front to back (4).
5,8 Step Lf behind Rf (5), Step Rf to R (6), Step Lf across Rf (7), Hold (8).

Part 3. [17-24] Half Rumba Box Back, Hold, Hip Bumps L, R, L ¼ L, Hold.

1,4 Step Rf to R (1), Step Lf beside Rf (2), Step Rf back (3), Hold (4).
5,6 Step Lf to L bump L hip to L (5), Bump R hip to R (6).
7,8 Make ¼ turn L (9.00) bump L hip to L (7), Hold (8).

Part 4. [25-32] Out, Out, Clap, Out, Out, Hip Push L, Fwd Walking Heel Grinds R, L.

&1,2 Rf step diagonally fwd (&), Lf step diagonally fwd (2), Clap (2).
&3,4 Rf Step diagonally back (&), Lf step diagonally back (3), Hip push to L (4).
5,6 Step Rf fwd with heel to R (5), Step Rf back in place (6).
7,8 Step Lf fwd with heel grind to L (7), Step Lf back in place (8).

REPEAT THE DANCE AND HAVE FUN!!