

One Bad Apple

拍數: 48 牆數: 4 級數: High Beginner
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音樂: One Bad Apple - Nikko Lowe



No Tags, No Restarts

Sec 1 Lindy - Side Touch, Close Touch - Side Touch, Close Touch

1&2 Step R to R, step L together, step R to R
3-4 Step ball of L back, recover on R
5-6 Touch L to L, touch L beside R
7-8 Touch L to L, touch L beside R

Sec 2 Lindy - Side Touch, Close Touch - Side Touch, Close Touch

1&2 Step L to L, step R together, step L to L
3-4 Step ball of R back, recover on L
5-6 Touch R to R, touch R beside L
7-8 Touch R to R, touch R beside L

Sec 3 Boogie Walk with Kick - Boogie Walk with Kick

1-4 Step forward R with toes turn out to R, step forward L with toes turn out to L, step forward R with toes turned out to R, kick L diagonal
5-8 Step forward L with toes turn out to L, step forward R with toes turn out to R, step forward L with toes turned out to L, kick R diagonal

Sec 4 Modified Jazz Box

1-4 Touch R toe over L, drop R heel, touch back on L toe, drop L heel
5-8 Turn $\frac{1}{4}$ R, touch side R toe, drop R heel, touch forward L toe, drop L heel (03:00)

Sec 5 Forward Shuffle - Rock Forward - Turn $\frac{1}{2}$ L Forward Shuffle - Rock Forward

1&2 Step R forward, close L together, step R forward
3-4 Step L forward, recover on R
5&6 Turn $\frac{1}{2}$ L step L forward, close R together, step L forward (09:00)
7-8 Step R forward, recover on L

Sec 6 Modified K-Step

1-4 Step back on R to back right diagonal, touch L next to R, step back to home position on L, touch R next to L
5-8 Step forward on R to right diagonal, touch L next to R, step back to home position on L, touch R next to L

Happy dancing & Thank You
