

Warm

拍數: 48 牆數: 4 級數: Improver
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音樂: Warm - Moncrieff : (Improver)



[1-8] R Side Rock Recover, Behind Side Cross, L Side Rock Recover, Behind Side Step

1,2 Step R to R side, Recover L
3&4 Step R behind L, Step L to L, Step R over L
5,6 Step L to L side, Recover R
7&8 Step L behind R, Step R slightly to R, Step L Fwd

[9-16] Step R Fwd, 1/2 Turn L & Hook L over R, Step L Fwd & Flick R Behind, Walk R-L, Shuffle Fwd R

1,2 Step R Fwd, 1/2 Turn L & Hook L over R
3,4 Step L Fwd, Flick R behind L
5,6 Walk Fwd R, L

[7&8] Step R Fwd, Step L next to R, Step R Fwd

17-24 Step Turn Step, Hold, Step Turn Step, Hold
1-4 Step L Fwd, 1/2 Turn R, Step L Fwd, hold
5-8 Step R Fwd, 1/2 Turn L, Step R Fwd, hold

[25-32] Rock Fwd L Recover R, Sailor Step 1/2 Turn L, Side Rock R, Recover L, Together, Side Rock L to L Recover R, Step L next to R

1,2 Step L Fwd, Recover R
3&4 Sailor Step 1/2 Turn L
5,6& Step R to R, Recover L, Step R next to L
7,8& Step L to L, Recover R, Step L next to R

Restart here during wall 3 (6), wall 5 (3)

[33-40] 1/4 Turn R with R Fwd, 1/4 Turn R with L Side, 1/4 Turn R with R Back, Touch L Fwd, 1/4 Turn L with L Fwd, 1/4 Turn L with R Back, 1/4 Turn L with L Side, Touch R

1,2 1/4 Turn R with R Fwd, 1/4 Turn R with L Side
3,4 1/4 Turn R with R Back, Touch L Fwd
5,6 1/4 Turn L with L Fwd, 1/4 Turn L with R Back
7,8 1/4 Turn L with L side, Touch R besides L

[41-48] 1/4 Turn L with R to R, Drag L to R, Rock Back L Recover R, Step L to L, Rock Back Recover, Kick Ball Change

1,2 1/4 Turn L with R to R, Drag L to R
3&4 Rock Back L, Recover R, Step L to L

Restart here during wall 1 (9)

5,6 Rock Back R, Recover L
7&8 Kick R Fwd, Step Ball on R, Recover L

Ending after wall 6 Repeat the counts 33-36 and add a long step R to R side (12)