

To The Bone

拍數: 32 牆數: 2 級數: Advanced
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音樂: To the Bone - Pamungkas



Intro: Start on Vocal

S1. BASIC NIGHCLUB - TURN - TRAVELLING TURN - PIVOT - TURN - SAILOR TURN

- 1-2&3 Step R to right side, Step L slightly behind R, Cross R over L, 1/4 turn right step back on L (03.00)
4 & 5 1/2 turn right step forward on R (09.00), 1/2 turn right step back on L (03.00), 1/2 turn right step forward on R (Optional walk forward) (09.00)
6 & 7 Step forward on L, 1/2 turn right step R in place R (03.00), 1/2 turn right step back on L sweep on R from front to back (09.00)
8 & Cross R behind L, 1/4 turn left step L beside R (06.00)

S2. SWAY - TURN - BEHIND - SIDE - CROSS - CHAINE TURN

- 1-2&3 Step R to right side sway on R, Sway on L, Sway on R, 1/4 turn right step L beside R sweep R continue 3/4 turn right from front to back (06.00)
4 & 5 Cross R behind L, Step L to left side, Cross R over L
6 & 7 1/4 turn L step forward on L, Full turn L step R beside L (weight on R) step forward on L
8 & Step forward on R (03.00), Full turn R step L beside R (03.00) weight on L

S3. FORWARD - TURN - WALK - KICK HITCH - BACK WALK- TURN - WALK - ARABESQUE - BACK - SIDE

- 1-2&3 Step forward on R sweep L from back to front 3/8 turn right continue sweep L (07.30), Step forward on L, Step forward on R, Step forward on L kick hitch R
4 & 5 Step back on R, step back on L, 1/2 turn right step forward on R sweep L from back to front continue 1/2 Turn right weight on R (Optional step back) (07.30)
6 & 7 Step forward on L (07.30), Step forward on R, Step forward on L back leg R extended out your body
8 & Step back on R, 1/8 turn left step L to L side (06.00)

S4. SWITCHES LUNGE - TURN - TURN HITCH - SYNCOPATED CROSSES

- 1-2&3 Lunge Cross R over L, Recover on L (04.30), Step R to right side, Lunge cross L over R (07.30)
4 & 5 Recover on R, Step L to left side, 1/2 turn left step R to right side (12.00)
&6-7& Step L beside R, Hitch R 1/2 turn right (06.00), Step R to right side, Step L over R
8 & Step R to right side, Cross L behind R

NOTE

RESTART: On Wall 3 after 16 Count and change direction to 12.00

Enjoy Dancing

Contact

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