

Trustfall

拍數: 32 牆數: 2 級數: Beginner / Novice
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音樂: TRUSTFALL - P!nk



[1-8] Side step - Hold - Together - Side Rock step - Behind Side Cross - Side Rock Step

1-2& Step right to the right - Pause - Step left next to right
3-4 Step right to the right with support - Return left support
5&6 Step right behind left - Step left to the left - Cross right forward PG
7-8 Step left to the left with support - Return right support

[9-16] Behind-Hold-Side Step and Cross-Hold - Side Rock - Behind - 1/4 turn (L) - Side Step

1-2& Step left behind right - Pause - Step right to the right
3-4 Step left in front of right - Pause
5-6 Step right to the right with support - Return support left
7&8 Step right behind left - 1/4 turn left - Step right to right (9:00)

[17-24] Heel (L) fwd - Hold - Switch Heel (R and L) Heel (R) fwd - Hold - Switch Heel (L and R)

1-2& Step left heel forward - Pause - Step left next to right
3&4& Step right heel forward - Step right next to left - Left heel forward - left next to right
5-6& Right heel forward - Pause - Step right next to left
7&8& Step left heel forward - Step left next to right - Right heel Forward - Step right next to left

[25-32] Rock fwd - Coaster Step - Paddle 1/8 turn 2x

1-2 Step left with support - Return right support
3&4 Step back - Step right next to left - Step left forward
5-6 Step forward - 1/8 turn left
7-8 Step forward - 1/8 turn left

Tags: At the 6th wall (6:00), replace counts 7-8 of the 1st section by:

[7-8] Side Step - Touch

7-8 Step left to left side - Touch right next to left

Then Restart

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Panneaux latéraux