

Imagine

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Imagine - John Lennon



Intro 16 count - No Tag, No Restart

Sec 1. WALK-WALK-FORWARD ROCK-SIDE STEP-TWINKLE-TURN 1/4 RIGHT TWINKLE

1-2&3 Step R forward, step L forward, step R forward, recover on L
4-5&6 Step R to side, cross L over R, step R to side, recover on L
7&8& Cross R over L, turn 1/4 right step L to side (03:00), rock R to side, recover on L (Weight on L)

Sec 2. FORWARD-ROCK FORWARD-BACK-SWEEP-SWEEP AND COASTERSTEP-ROCK FORWARD-KICK

1-2&3 Step R forward, rock L forward, recover on R, step L back.
4-5&6 Sweep R back, sweep L back, step R together, step L forward.
7&8 Rock R forward, recover on L, forward kick R.(03.00)

Sec 3. FORWARD -PIVOT TURN 1/2 LEFT-FORWARD-FORWARD TURN 1/2 RIGHT HITCH- STEP BACK - SWEEP- SIDE STEP-CROSS STEP-SIDE STEP-CLOSE TOUCH

1-2&3 Step L forward, step R forward, turn 1/2 left (09:00) Weight on L, step R forward
4-5-6& step L forward turn 1/2 right lift R knee up (06:00), step R back, sweep L from front to back, step R to side
7&8 Cross L over R, step R to side, R close touch beside L (Weight on L)

Sec 4. BASIC NC-WALK FORWARD-SPIRAL-FORWARD-TOUCH

1-2&3, 4& Step to side, step L slightly behind R, cross R over L, step L to side, step R slightly behind L, cross L over R.
5-6, 7-8& Step R forward, step L forward, step R forward & make a full turn left (weight on R), step L forward, touch R toe together.(06.00)

Last Update - 24 March 2023 - R1