

Rasputin 2.0

拍數: 32 牆數: 4 級數: High Improver
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音樂: Rasputin - Majestic & Boney M.



Intro: 48 counts / start at approx. 22 Sec - 2 TAGS

(01-08): STEP, ¼ SIDE, SAILOR STEP, TOUCH, ½ TURN, MAMBO STEP

1-2 Step R forward, Turn ¼ as you step L to L side (3:00)
3&4 R behind L, Step L side, Step R side
5-6 Touch L behind R, ½ left (weight on L) (9:00)
7&8 R step forward, recover on L, R step back

(09-16): 2x BACK, COASTER STEP, STEP ¼ TURN, CROSS, SIDE, CROSS

1-2 Step L back, Step R back
3&4 Step L back, Step R beside L, Step L forward
5-6 Step R forward, ¼ turn left (weight on L) (6:00)
7&8 Cross R over L, Step L side, Cross R over L

(17-24): SIDE ROCK, BEHIND, SIDE, CROSS, ¼ TURN, ½ TURN, STEP, LOCK, STEP

1-2 Step L side, recover to R
3&4 Step L behind R, Step R side, Cross L over R
5-6 ¼ turn as you step R back (3:00), ½ turn left as you Step L forward (9:00)
7&8 Step R forward, Lock L behind R, Step R forward

(25-32): ROCK RECOVER, RUN, RUN, RUN, BACK RECOVER, STEP, ½ TURN

1-2 Step L forward, recover to R
3&4 Step L back, Step R back, Step L back
5-6 Step R back, recover to L
7-8 Step R forward, ½ Turn left (weight on L) (3:00)

TAG (after wall 3+7, 09:00)

(01-08): APPLE JACKS

[1-4] R,L,R,R

1& twist left heel to right, right toe to right (1), recover back to centre (&)
2& twist right heel to left, left toe to left (2), recover to centre (&)
3& twist left heel to right, right toe to right (1), recover back to centre (&)
4& twist left heel to right, right toe to right (1), recover back to centre (&)

[5-8] L,R,L,L

5& twist right heel to left, left toe to left (1), recover back to centre (&)
6& twist left heel to right, right toe to right (1), recover back to centre (&)
7& twist right heel to left, left toe to left (1), recover back to centre (&)
8& twist right heel to left, left toe to left (1), recover back to centre (&)

(09-16): SIDE ROCK , CROSS, SIDE, CROSS, SIDE ROCK, CROSS, SIDE, CROSS

1-2 Step R side, recover to L
3&4 Cross R over L, Step L side, Cross R over L
5-6 Step L side, recover to R
3&4 Cross L over R, Step R side, Cross L over R

(17-32): REPEAT COUNT 1-16

(33-40): V-STEP, STEP ½ TURN, STEP ½ TURN

1-4 Step R out, Step L out, Center R in, Center L in beside R

5-8 Step R forward, ½ turn left (weight on L), Step R forward, ½ turn left (weight on L)

(41-48): REPEAT COUNT 33-40

***After Wall 3 there is the TAG (9:00)**

***After Wall 7 there is the TAG without the last 8 Counts (9:00)**
