

Trustfall

拍數: 32 牆數: 4 級數: Beginner
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音樂: TRUSTFALL - P!nk



Intro 2x8

[1- 8] OUT R- OUT L – TRIPLE BACK - BACK L, R – JUMP BACK L ,R – WALK BACK

1-2 Step R into R diagonal - Step L into L diagonal
3&4 Step back on R , lock L over R , step back on R
5-6 Step L back - Step R back
&7-8 Jump back and out on left, Jump back and out on right, Step back on left

[9 – 16] ROCK R BACK - ROCKING CHAIR R – TRIPLE FWD R

1-2 Rock R back, recover weight on L
3-4 Rock R forward, recover weight on L
5-6 Rock R back, recover weight on L
7&8 Step RF fwd – LF behind RF - Step RF Fwd

[17 - 24] ¼ TURN -CROSS SHUFFLE– SIDE ROCK STEP – SAILOR STEP

1-2 Step L fwd , turn 1/4 R
3&4 Cross LF over RF , Step RF to R , Cross LF over RF
5-6 Rock RF to right side, Recover on LF
7&8 Cross R behind L , step L to L side , step R to R side

UNWIND ½ - SKATE R,L – TRIPLE FWD – SPIRAL (or STEP TOUCH L)

1-2 Step LF behind RF - Unwind 1/2 turn left
3-4 Skate R to right - Skate L to left
5&6 Step RF fwd , step LF behind RF , step RF fwd
7-8 Step LF fwd , Make a full spiral to turn R

Finish with Spiral 1/2 smile and dance !

TAG : At the end of wall 5 (facing 9:00) add 8 count

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3&4 Step back on R , lock L over R , step back on R
&5-6 Jump back and out on left, Jump back and out on right, Step back on left
7-8 Rock R back, recover weight on L

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