

Number 1

拍數: 32 牆數: 4 級數: Low Improver
編舞者: Elisabeth Elkuch-Heid (CH/LIE) & Lizzy Raphaela - July 2023
音樂: Number 1 - Nico Santos



[1-8] Side Rock Recover, Sailor Step, Walk Walk, Out-Out, Step

1,2 Step R to R, Recover L
3&4 Step R slightly behind L, Step L to L, Step R to R
5,6 Walk L Fwd, Walk R Fwd
&7,8 Step L diagonal L Fwd, Step R diagonal R Fwd, Step L Fwd

[9-16] Step R Behind L, Unwind 3/4 R, Side Rock, Behind Side Cross, Side Rock

1,2 Step R Behind L, Unwind 3/4 Turn R
3,4 Step L to L, Recover R
5&6 Step L Behind R, Step R to R, Step Cross L over R
7,8 Step R to R, Recover L

[17-24] Step R Behind L, Step L to L, Cross R over L, Hold, Step L to L, Step R Behind L, Step L to L, Cross Rock R over L, Recover L

1,2 Step R Behind L, Hold
&3,4 Step L to L, Cross R over L, Hold
&5,6 Step L to L, Step R Behind L, Step L to L
7,8 Cross R over L, Recover L

[25-32] Side Together, Shuffle 1/4 Turn R, Step Turn 1/4 R, Cross Shuffle (3)

1,2 Step R to R, Step L next to R
3&4 Step R to R, Step L next to R, Step R Fwd with 1/4 Turn R
5,6 Step L Fwd, 1/4 Turn R
7&8 Step Cross L over R, Step R to R, Step Cross L over R (3)

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Lizzy's Line Dance