

These Side Effects

拍數: 32 牆數: 2 級數: Beginner / Improver
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音樂: Side Effects - Becky Hill & Lewis Thompson



Seq 1 : SIDE, BEHIND, SIDE, POINT, TOUCH x2 (R & L)

1-2& Step right to right, Cross left behind right, Step right to right
3-4 Point left to the left, gather left next to right with a touch
5-6& Step left to left, Cross right behind left, Step left to left
7-8 Point right right, gather right next to left with a touch

Seq 2: SIDE R, CHA CHA STEP, 1/4 L SIDE, CHA CHA STEP, SIDE R, HITCH L, SIDE L, HITCH R

1 - 2 & Step right to right, step left next to right then step right next to left
3 - 4 & 1/4 turn left, step right next to left then step left next to right
5 - 6 Step right to the right, raise left leg,
7 - 8 Step left to the left, raise right leg,

Seq 3: OUT OUT R/L, HIPPI ROLL (6 beats)

1 - 2 Step right to the outside then step left to the left outside
3,4,5,6,7,8 Turn the pelvis from left to right, then PdC LF

Seq 4: 1/4 TURN CHUGS X4, SIDE R, SAILOR STEP L, SIDE L, SAILOR STEP R, SIDE R

1,2,3,4 Stomp right to the right, making a 1/16th turn in 4 counts
5 - 6 & Step right to the right, step left behind right, come back to right
7 - 8 & Step left to left side, step right behind left, step back on left (&)

***TAG: At the end of the 4th wall (12:00)**

***4 counts: OUT, OUT, IN, IN**

1 - 2 Step right to right outside then step left to left outside
3 - 4 Step right to the center then step left to the center

FINAL: STEP, 1/2 LEFT PIVOT

Step right in front of left, pivot left making a half turn

Have fun dancing with a smile

Legend : LF: Left Foot / RF: Right Foot / PdC: Body Weight

Written and imagined by Jorian DELAHAIE

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