

Loud and Strong

拍數: 48 牆數: 4 級數: Improver
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音樂: Skal - Miracle of Sound



Info: The dance begins on 'Raise your horns into the air' (2+2 walls)

S1: Walk 2, shuffle forward r + l

1-2 2 steps forward (r - l)
3&4 Step forward with right foot - Bring left foot close to right and step forward with right
5-6 2 steps forward (l - r)
7&8 Step forward with your left foot - put your right foot in front of your left foot and step forward with your left foot

S2: Step, pivot ¼ l, shuffle across, ¼ turn r, ¼ turn r, shuffle across

1-2 Step forward with right - 1/4 turn left on both feet, weight at end left (9 o'clock)
3&4 Cross right foot far over left - Small step to the left with left and right foot far above left cross
5-6 1/4 turn to the right and step backwards with left - 1/4 turn to the right and step to the right with right (3 o'clock)
7&8 Cross left foot far over right - Small step to the right with right and left foot far over Rights Giants

(Restart: In the 2nd round - direction 9 o'clock - break off here and start again)

S3: Rock side, behind-side-cross, rock side, behind-¼ turn r-step

1-2 Step right with right - weight back on left foot
3&4 Cross right foot behind left - step left with left and right foot cross over left
5-6 Step left with left - weight back on right foot
7&8 Cross left foot behind right foot - 1/4 turn to the right, step forward with right and step after front with left (6 o'clock)

S4: Walk 2, Mambo forward, back 2, coaster step

1-2 2 steps forward (r - l)
3&4 Step forward with right foot - weight back on left foot and step back with right
5-6 2 steps backwards (l - r)
7&8 Step backwards with the left - bring your right foot closer to your left foot and take a small step forward with your left

(Restart: In the 3rd and 5th round - towards 3 o'clock - break off here and start again)

S5: Side, drag/close 2x, rolling vine l

1-2 Step right with right (bend your knees slightly, wiggle your shoulders and your hands drum) - Pull/place your left foot on your right foot (Straighten up again; on 'skal' right fist forward push)
3-4 How 1-2
5-8 3 steps in the direction to the left, making a full turn to the left (l - r - l) - right foot next to left tap

S6: Side, drag/close 2x, rolling vine l

1-8 Same as Step Sequence S5

(End: The dance ends after the 6th round - towards 9 o'clock; at the end '1/4 turn to the right and stamp right foot in front' - 12 o'clock)

Repeat to the end

