

Backpack

拍數: 32 牆數: 4 級數: Beginner
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音樂: Backpack - Tag & Pitbull



Intro 32 counts

[1-9] L step, R side rock step, R cross, clap x 2, L side rock step, L cross, clap x 2

1-2-3 L step forward, R rock to right side, change weight back onto L
4&5 R step cross over L, clap hands 2 times (&5)
6-7 L rock to left side, change weight back onto R
8&1 L step cross over R, clap hands 2 times (&1)

[10-17] R step side, L together, R shuffle back, L step side, R together, L shuffle forward

2-3 R step to right side, L step next to R
4&5 R step back, L step next to R, R step back
6-7 L step to left side, R step next to L
8&1 L step forward, R step next to L, L step forward

[18-25] R rock forward, R shuffle ¼ right, L touch cross-side-cross, heels bounce

2-3 R rock forward, change weight back onto L
4&5 Turning ¼ right step R to right side, L step next to R, R step to right side
6-7 Touch L toes across R, touch L toes to left side, touch L toes across R
8&1 Raise both heels up, bring both heels down (heels bounce)

[26-32] L step forward, R touch side, R step forward, L pivot turn ½ right, walk L-R

2-3-4 L step forward, touch R toes to right side, R step forward
5-6 L step forward, turning ½ right change weight onto R
7-8 L step forward, R step forward