Traumatic (Trauma)

拍數: 32

1-2&

級數: Intermediate

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Step Rf forward, Rock Lf forward, Recover on Rf

音樂: Trauma - Prilly Latuconsina

3-4& Step back on Lf, Step back on Rf, Step Lf next to Rf Step Rf forward, Step Lf forward, ¹/₄ turn R Step Rf to right side (03.00) 5-6& 7-8& Cross Lf over Rf, ¼ turn L Step back on Rf, ¼ turn L Step Lf to left side (09.00) II. CROSS, WEAVE, ¼ TURN L FORWARD ROCK FORWARD Step Rf forward sweep Lf from back to front, Cross Lf over Rf, Step Rf to right side 1-2& 3-4& Cross Lf behind Rf Sweep Rf from front to back, Cross Rf behind Lf, ¼ turn L Step Lf forward (06.00)5-6& Rock Rf forward, Recover on Lf, Step Rf next to Lf 7-8& Rock Lf forward, Recover on Rf, Step Lf next to Rf III. BACK, ½ TURN L SAILOR, ¾ TURN R RUN, DIAMOND ¼ TURN L 1-2& Step back on Rf sweep Lf from front to back, ¹/₂ turn Lf Step slightly behind Rf, Step Rf next to Lf (12.00) 3-4& Step Lf forward, 1/4 turn R Step Rf forward, Step Lf next to Rf (03.00)

- 1/2 turn R Step Rf forward sweep Lf from back to front, Cross Lf over Rf, Step Rf to right side 5-6& (09.00)
- 7-8& 1/8 turn L Step back on Rf, Step back on Rf, 1/8 turn L Step Lf to left side (06.00)

IV. 1/8 TURN L TOE TOUCH, STEP, LIFT BACK, TOE TOUCH, 1/8 TURN R NIGHT CLUB

- 1 21/8 turn L Touch R toe forward and bring L arm straight down close to Rf, Bring L arm straight up (04.30)
- Step Rf in place and bring R arm straight up and lift Lf back, Step Lf in place, Touch R toe 3-4& next to Lf
- 1/8 turn R Step Rf to right side, Step Lf slightly behind Rf, Cross Rf over Lf (06.00) 5-6&
- 7-8& Step Lf to left side, Step Rf slightly behind Lf, Cross Lf over Rf

TAG 1 (2 count) : After wall 1

On wall 4 after 16 count and then restart

1 – 2 Touch R toe next to Lf and bring R arm straight up, and then bring it in front of the chest

TAG 2 (4count)

On wall 6 after 16 count and then restart

Touch R toe next to Lf and bring R arm straight up, and then bring it in front of the chest 1 – 2 3 – 4 Hip sway RL

RESTART

On wall 3 after 8 count by stepping changed

1/4 turn L Step back on Rf, 1/2 turn L Step Lf forward (06.00) 8&





牆數:2

I. FORWARD, FORWARD MAMBO, COASTER, FORWARD, ¼ TURN R, CROSS, HINGE TURN