

It's You Or Me

拍數: 32 牆數: 4 級數: Improver
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音樂: It's You Or Me - Racoon



Intro: 16 counts No Tag, No Restart

Sec 1: CHARLESTON STEP, SHUFFLE FWD (R+L)

1-2-3-4 RF.step fwd – LF. kick fwd – LF. step back – RF. touch toe next to LF
5&6 RF. step diagonal R-fwd – LF. step together – RF. step diagonal R-fwd
7&8 LF. step diagonal L-fwd– RF. step together – LF. step diagonal L-fwd

Sec 2: SYNCOPATED CROSS ROCK, JAZZ BOX 1/4 R

1-2-& RF. rock across LF. – LF. recover – RF. step next to LF
3-4-& LF. rock across RF. – RF. recover – LF. step next to RF.
5-6-7-8 RF. cross over LF.– LF. step back – RF. 1/4 turn R, step to R-side – LF. step fwd.(3.00)

Sec 3: SYNCOPATED SIDE ROCK (R-L), CHASSE 1/4 TURN L, PIVOT 1/2 L

1-2 RF. rock to R-side – LF. recover
&3-4 RF. step next to LF – LF. rock to L-side – RF. recover
5&6 LF. step to L-side – RF. step together – LF. 1/4 turn L, step fwd (12.00)
7-8 RF. step fwd – LF. 1/2 turn L (6.00)

Sec 4: ROCK FWD, SIDE ROCK, BACK ROCK, SIDE, 1/4 SAIOR STEP L, PIVOT 1/2 L

1&2& RF. rock fwd, – LF. recover – RF. side rock R – LF. recover
3&4 RF. back rock – LF. recover – RF. step to R-side
5&6 LF.step behind RF – RF. 1/4 turn L, step on RF – LF.step fwd (3.00)
7-8 RF. step fwd – LF. 1/2 turn L (9.00)

Start Again
