

Sweet & Nice Reggae

COPPER KNOB
BYEPOSTS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Ayu Permana (INA) - November 2024
音樂: Reggae Dance - Baianoise



Intro #32 counts - no tag, no restart

SECTION 1. WALK - FORWARD SHUFFLE - FWD & BACK MAMBO (12.00)

1-2-3 Step forward on R - L - R
4&5 Step L forward - Step R close to L - Step L forward
6&7 Step rock R forward - Recover on L - Step R backward
8&1 Step rock L backward - Recover on R - Step L forward

SECTION 2. PIVOT 1/2 TURN - 1/4 TURN & CHASSE - (2X) CROSS ROCK & SIDE (03.00)

2-3 Step R forward - Turn 1/2 left, step on L (6.00)
4&5 Turn 1/4 left, step R to side (3.00) - Step L close to R - Step R to side
6&7 Cross rock L over R - Recover on R - Step L to side
8&1 Cross rock R over L - Recovery on L - Step R to side

SECTION 3. SKATE & DIAGONAL FORWARD SHUFFLE (04.30)

2-3 Skate L - R to forward left and right diagonal
4&5 Step L to forward left diagonal - Step R close to L - Step L Forward (1.30)
6-7 Skate R - K to forward right and left diagonal
4&5 Step R to forward right diagonal - Step L close to R - Step R Forward (4.30)

SECTION 4. GRADUALLY MAKE 5/8 TURN TO THE LEFT - FORWARD ROCK - BACK - TOGETHER (09.00)

2-3 Turn 1/4 left, step L forward (1.30) - Turn 1/8 left, step R forward (12.00)
4&5 Turn 1/8 left, step L forward (10.30) - Step R close to L - Turn 1/8 left, step L forward (9.00)
6-7 Step rock R forward - Recover on L
8& Step R backward - Step L next to R

REPEAT

Have fun & happy dancing.. ☐☐
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