

24/7/365

拍數: 32 牆數: 2 級數: Beginner
編舞者: Mike Seurer (USA) - December 2024
音樂: 24/7/365 - Wayne Toups



SIDE SHUFFLE, ROCK STEPS, SPIRAL

1&2 Side Shuffle (R,L,R)
3,4 Step Left foot behind Right, Step forward on Right foot
5,6 Step side on Left foot, Step Right foot next to Left
7,8 Step Left foot in front of Right, Hold

SPIRAL, SIDE SHUFFLE, ROCK STEP

9,10 Step side on Right foot, Step Left foot next to Right
11,12 Step Right foot in front of Left, Hold
13&14 Side Shuffle (L,R,L)
15,16 Step Right foot behind Left, Step forward on Left foot

FORWARD STEPS, KICK, BACK STEPS, COASTER STEP

17,18 Step forward on Right foot, Step forward on Left foot
19,20 Step forward on Right foot, Kick Left foot forward
21,22 Step back on left foot, Step back on Right foot
23&24 Step back on Left foot, step Right next to Left, Step forward on Left

BOX STEP 1/4 TURN CW

25,26 Step Right foot in front of Left, step back on Left foot
27,28 Step on Right foot making a 1/4 turn CW, Step Left foot next to Right
29-32 Repeat Counts 25-28

Begin Again
