

Leave A Message

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Leave a Message, Juanita - The Derailers



LEFT CHASSÉ, ROCK BACK, RECOVER, SIDE STEP, DRAG, TOUCH, LEFT KICK-BALL-STEP

1&2 Step left side left, step right in place beside left, step left side left
3-4 Rock back on right, recover on left
5-6 Long step right to right side, drag left towards right ending with a touch
7&8 Left kick-ball-step

LEFT SHUFFLE (TURNING ½ RIGHT), RIGHT SHUFFLE (TURNING ½ RIGHT), PIVOT ½ RIGHT, LEFT SHUFFLE FORWARD

1&2 ½ right as you shuffle left-right-left (6:00)
3&4 ½ right as you shuffle right-left-right (12:00)

Easier option: left shuffle forward, right shuffle forward

5-6 Step left forward, pivot ½ right (6:00)
7&8 Left shuffle forward

WALK RIGHT, STEP LEFT, PUMP RIGHT, PUMP LEFT, CLAP (TWICE), RIGHT TOE TOUCHES

1-2 Walk right forward, step left in place beside right
3-4 Lift right heel and replace, lift left heel and replace
5-6 Clap hands twice
7-8 Touch right toe to right side, touch right toe beside left

PIVOT ½ LEFT, STEP RIGHT, TOUCH LEFT, ¼ LEFT STEP LEFT, TOUCH RIGHT, ¼ RIGHT STEP RIGHT TOUCH LEFT

1-2 Step right forward, pivot ½ left (12:00)
3-4 Step right side right, touch left in place beside right
5-6 ¼ left (9:00) step left forward, touch right in place beside left

Optional: click fingers

7-8 ¼ right (12:00) step right side right, touch left in place beside right

LEFT KICK-BALL-CROSS, LEFT KICK-BALL-CROSS, ¼ LEFT SHUFFLE, RIGHT SHUFFLE (TURNING ¼ LEFT)

1&2 Left kick-ball-cross (with body angled slightly left)
3&4 Left kick-ball-cross (with body angled slightly left)
5&6 ¼ left (9:00) left shuffle forward
7&8 ½ left as you shuffle right-left-right (3:00)

LEFT ROCK, RECOVER, LEFT KICK-BALL-STEP, TOUCH LEFT, CROSS, TOUCH RIGHT, CROSS

1-2 Rock left back, recover
3&4 Left kick-ball-step
5-6 Touch left side left, cross left over right
7-8 Touch right side right, cross right over left

LEFT ROCK, RECOVER, LEFT COASTER-STEP, RIGHT ROCK, RECOVER, RIGHT SHUFFLE (TURNING ½ RIGHT)

1-2 Rock left forward, recover
3&4 Left coaster-step
5-6 Rock right forward, recover
7&8 ½ right as you shuffle right-left-right (9:00)

LEFT ROCK FORWARD, RECOVER, LEFT ROCK BACK, RECOVER, ½ RIGHT PADDLE-TURN, ¼ RIGHT PADDLE-TURN

- 1-2 Rock left forward, recover
- 3-4 Rock left back, recover
- 5-6 Step left forward, pivot ½ right (3:00)
- 7-8 Step left forward, pivot ¼ right (6:00)

REPEAT
