

Leyla

拍數: 0 牆數: 0 級數:
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音樂: Mamma Africa - Two In One



Sequence: AB, AB, AB, AB, First 16 counts of A, Bridge, B, AB, A

PART A

ROCK, RECOVER, BACK, HITCH, BACK HITCH, ROCK, RECOVER, SHUFFLE

- 1 Rock forward onto the right
- 2 Recover the weight onto the left
- 3 Step back on the right
- & Hitch left knee
- 4 Step back on the left
- & Hitch right knee
- 5 Right back rock
- 6 Recover the weight onto the left
- 7 Step right foot forward
- & Close left foot beside right
- 8 Step right foot forward

SIDE ROCK, SAILOR STEP, SIDE ROCK, SAILOR STEP

- 1 Rock left foot to left side
- 2 Recover the weight onto the right
- 3 Cross left foot behind right
- & Step right foot to right side
- 4 Step left foot to left side
- 5 Rock right foot to right side
- 6 Recover the weight onto the left
- 7 Cross right foot behind left
- & Step left foot to left side
- 8 Step right foot to right side

ROCK, RECOVER, ½ SHUFFLE TURN, ½ PIVOT TURN, SHUFFLE

- 1 Rock forward onto the left foot
- 2 Recover the weight onto the right
- 3 Step left foot to left side making ¼ turn left
- & Step right foot beside left
- 4 Step left foot to left side making ¼ turn left
- 5 Step right foot forward
- 6 Make ½ pivot turn left
- 7 Step right foot forward
- & Step left foot next to right
- 8 Step right foot forward

SIDE ROCK, RECOVER, SAILOR STEP, STOMP, STOMP, HEEL SPLITS TWICE

- 1 Rock left foot to left side
- 2 Recover the weight onto the right foot
- 3 Cross left foot behind right
- & Step right foot to right side
- 4 Step left foot to left side

- 5 Stomp right foot in place
- 6 Stomp left foot in place
- 7 Split heels
- & Return heels to center
- 8 Split heels
- & Return heels to center

PART B

HEEL SWITCHES X 3, HOOK, HEEL, HEEL SWITCHES X 3, HOOK, HEEL

- 1 Tap right heel forward
- & Step the weight onto the right foot
- 2 Tap left heel forward
- & Step the weight onto the left foot
- 3 Tap right heel forward
- & Hook right heel in front of left shin
- 4 Tap right heel forward
- & Step the weight onto the right foot
- 5 Tap left heel forward
- & Step the weight onto the left foot
- 6 Tap right heel forward
- & Step the weight onto the right foot
- 7 Tap left heel forward
- & Hook left heel in front of right shin
- 8 Tap left heel forward
- & Step the weight onto the left foot

HEEL JACK TWICE, CROSS, ½ UNWIND, TWIST LEFT, RIGHT, LEFT

- 1 Cross right over left
- & Step left foot to left side
- 2 Tap right heel forward
- & Step the weight onto the right foot
- 3 Cross left over right
- & Step right foot to right side
- 4 Tap left heel forward
- & Step the weight onto the left foot
- 5 Cross right foot over left
- 6 ½ unwind left
- 7 Twist heels left
- & Twist heels right
- 8 Twist heels left

- 1-16 Repeat those last 16 counts

TAG

- 1 Stomp right foot slightly forward
 - 2 Slap thighs
 - 3&4 Forward body rolls
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