

No Worries

拍數: 48 牆數: 4 級數:
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音樂: Bailando - Texas Tornados



RIGHT, ROCK, TRIPLE IN PLACE, FORWARD, ROCK, SHUFFLE BACK

1-2 Step right to right side, rock step left in place
3&4 Triple in place: right-left-right
5-6 Step left forward, rock step back onto right
7&8 Shuffle back: left-right-left

BACK, ROCK, SHUFFLE FORWARD, LEFT, ROCK, TURN ½, TOGETHER, HOLD

9-10 Step right back, rock step forward onto left
11&12 Shuffle forward: right-left-right
13-14 Step left to left side, rock step right in place
& While closing with left: pivot ½ right on right
15-16 Step left beside right, hold

HEEL-BALL-FORWARD, SHUFFLE FORWARD, HEEL-BALL-FORWARD, SHUFFLE FORWARD

17& Touch right heel forward, step toe/ball of right back to right
18 Step left slightly forward
19&20 Shuffle forward: right-left-right
21& Touch left heel forward, step toe/ball of left slightly back to left
22 Step right slightly forward
23&24 Shuffle forward: left-right-left

FORWARD, ROCK, CROSS-SHUFFLE BACK, BACK, ROCK, ¾ TURNING TRIPLE

25-26 Step right forward, rock back onto left
27&28 Step right back, cross-step left over right continuing back, step right back
29-30 Step left back, rock forward onto right
31&32 Triple step in place turning ¾ right: left-right-left

2 DIAGONAL SHUFFLES (MOVING BACK RIGHT, MOVING BACK LEFT)

33&34 Step right diagonally back right, step left beside right, step right to right side
Body and toes are turned to face right corner.
& Turn ¼ left to move diagonally back left
35&36 Step left diagonally back left, step right beside left, step left to left side
Body and toes are turned to face left corner.

BACK, ROCK, FORWARD, ROCK

37-38 With body & toes facing forward/front: step right back, rock forward onto left
39-40 Step right forward, rock back onto left

SIDESTEP/SWAY, ROCK/SWAY, SHUFFLE, SIDESTEP/SWAY, ROCK/SWAY, SHUFFLE

41 Step right to right side and sway hips right
42 Rock sideways onto left swaying hips left
43&44 Shuffle forward: right-left-right
45 Step left to left side and sway hips left
46 Rock sideways onto right swaying hips right
47&48 Shuffle forward: left-right-left

REPEAT

