

Ole'

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Patrick Fleming (USA)
音樂: The Cup of Life - Ricky Martin



CROSS & STEP-BEHIND-2-3-BEHIND-2-3-CROSS & STEP

1&2 Rock step left over right-rock back onto right-step left beside right
3&4 Sailor shuffle (right behind left-left to left side-right to right side)
5&6 Sailor shuffle (left behind right-right to right side-left to left side)
7&8 Rock step right over left-rock back onto left-step right beside left

HEEL & CROSS-LEFT-SLIDE-RIGHT TOE-LEFT TOE

9&10 Touch left heel at angle-step on left-cross right over left
11-12 Step left to left side-slide right beside left
13-14 Touch right toe to right side-step down on right
15-16 Touch left toe across right-step down on left

SIDE & SIDE & CROSS-TURN-SHAKE RIGHT 2-SHAKE LEFT 2

17& Touch right to right side-hop on right beside left
18& Touch left to left side-hop on left beside left
19-20 Cross right over left-turn ½ to left
21-22 Step forward on right shaking hips twice
23-24 Step forward on left shaking hips twice

RIGHT KICK-BALL-CHANGE-STEP-TURN

25&26 Right kick-ball-change (kick right-step on right-step on left)
27-28 Step on right-turn ¼ to left

KICK-BALL-CHANGE-STEP-SCUFF

29&30 Right kick-ball-change (kick right-step on right-step on left)
31-32 Step forward right-scuff left

REPEAT
