

Rare Form

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Larry Bass (USA)
音樂: Bad Day to Let You Go - Bryan White



SIDE STEP, SAILOR SHUFFLE WITH SIDE ROCK; SIDE STEP, SAILOR SHUFFLE WITH SIDE ROCK.

- 1 Step right foot to right.
- 2&3 Step left foot behind right, step right foot to right; step left foot forward diagonally left.
- 4 Rock right onto right foot.
- 5 Step left foot to left.
- 6&7 Step right foot behind left, step left foot to left; step right foot forward diagonally right.
- 8 Rock left onto left foot.

SIDE SHUFFLE RIGHT, CROSS SIDE CROSS; SIDE ROCK STEP, CROSSOVER SHUFFLE.

- 9&10 Step right foot to right, step left foot beside right; step right foot to right.
- 11&12 Cross left foot behind right, step right foot to right; cross left foot over right.
- 13-14 Step right foot to right; rock left onto left foot.
- 15&16 Cross step right foot over left & cross step left to left; cross step right foot over left.

SIDE SHUFFLE LEFT, CROSS SIDE CROSS; SIDE ROCK STEP, CROSSOVER SHUFFLE.

- 17&18 Step left foot to left, step right foot beside left; step left foot to left.
- 19&20 Cross right foot behind left, step left foot to left; cross right foot over left.
- 21-22 Step left foot to left; rock right onto right foot.
- 23&24 Cross step left foot over right & step right foot to right.

MAMBO CROSSOVER STEPS; ½ TURN, SYNCOPATED STEPS FORWARD.

- 25&26 Step right foot to right, rock left onto left foot; cross right foot over left.
- 27&28 Step left foot to left, rock right onto right foot; cross left foot over right.
- 29&30 Step right foot to right, rock left onto left foot; cross right foot over left.
- 31 Pivot ½ turn left onto left foot.
- &32 Step right foot slightly forward & step left foot beside right.

REPEAT
