

Rudebox

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Rudebox - Robbie Williams



MAMBO ½ TURN RIGHT, PIVOT TURN RIGHT, STEP FORWARD, BRUSH OUT, OUT, TOGETHER, DIP, TOUCH

1&2 Rock forward right, recover back onto left, make ½ turn right onto right
3&4 Step forward left, make ½ turn right, step forward left
5&6 Right brush forward, step right to right side, step left to left side
&7 Step right next to left, step left a long step to left into a squat
8 Touch right next to left

2 RIGHT SWIVETS, RIGHT SAILOR STEP, BEHIND ¼ TURN STEP, KICK ¼ TOUCH

1&2 Touch right to right side, twist right heel right, left right
3&4 Step right behind left, step left next to right, step right to right
5&6 Step left behind right, make ¼ turn right on right, step forward left
7&8 Kick right forward, make ¼ turn right stepping right to side, touch left to left side

CROSS SIDE, SAILOR ¼ TURN, STEP ½ PIVOT TURN, ½ TURN HEEL TWIST

1-2 Cross left over right, step right to right side
3&4 Step left behind right, step back on right making a ¼ turn left, step left next to right
5-6 Step forward right, make ½ turn left (weight on left)
7&8 Step forward right, swivel left heel ½ turn right, swivel right heel ½ turn right (weight on right foot)

LEFT COASTER, WALK, WALK, KICK, BACK, SIDE ROCK AND CROSS, SHOULDER POPS

1&2 Step back on left, step right next to left, step forward on left
3-4 Walk forward right, left
5& Kick right foot forward, step back on right
6&7 Rock left to left side, recover to right, cross left over right
&8 Drop right shoulder, drop left shoulder

KICK RIGHT FORWARD, ¼ TURN RIGHT, KNEE SPLITS, REPEAT, TAP TWICE, STEP CROSS BEHIND UNWIND

1& Kick right forward, make ¼ turn right, step right next to left
2& Split knees apart, then back together
3& Kick right forward, make ¼ turn right, step right next to left
4& Split knees apart, then back together
5&6 Touch right to right side, tap out a little further, then step down on right
7-8 Cross left behind right, unwind ½ turn left

STEP SWIVEL, TOGETHER AN HITCH, TOUCH ½ TURN, ½ PIVOT TURN

1&2 Touch right forward, swivel heels right, left
&3 Step left behind right, step forward right
4 Hitch left knee
5-6 Touch left back, make ½ turn left
7-8 Step forward right, make ½ turn left

REPEAT