

Sandstorm

拍數: 32 牆數: 4 級數: Improver
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音樂: Sandstorm (Radio Edit) - Darude



2X SAILOR STEPS, STEP TURN (¼-LEFT)

1&2 Cross-step right behind left, step left to left side, step right to right side
3&4 Cross-step left behind right, step right to right side, step left to left side
5-6 Step right forward, pivot ¼ turn left
7-8 Step right forward, pivot ¼ turn left

SHOULDER LEANS X4 OR HIP BUMPS X4, TWO SHUFFLES FORWARD

Following 4 counts take time to practice, so easier steps are below

1 Step right to right side leaning body to right, keeping shoulders straight so that weight is over right knee
2 Keep both feet in place and lean body to left, keeping shoulders straight so that weight is over left knee
3 Keep both feet in place and lean body to right, keeping shoulders straight so that weight is over right knee
4 Keep both feet in place and lean body to left, keeping shoulders straight so that weight is over left knee

If you don't like these leans then replace them with hip bumps: right, left, right, left

5&6 Step right forward, step left beside right, step right forward
7&8 Step left forward, step right beside left, step left forward

BRUSHES: FORWARD-CROSS-FORWARD-BACK, TWO SHUFFLES BACK

1-2 Brush right foot forward, brush right foot across left shin
3-4 Brush right foot forward, brush right foot back
5&6 Step right back, step left beside right, step right back
7&8 Step left back, step right beside left, step left back

MONTEREY TURN (¼-RIGHT), KICK-BALL-BACK, POINT: OUT-IN-OUT

1-2 Point right toe to right side, step right beside left turning ¼ turn right
3-4 Point left toe to left side, step left beside right
5&6 Kick right forward, step right back, step left beside right
7&8 Point right toe to right side, touch right toe beside left, point right toe to right side

REPEAT
