

Snap Out Of It

拍數: 48 牆數: 2 級數: Intermediate
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音樂: This Woman Needs - SHeDAISY



- 1-3 Step left forward, step right in place making a ½ turn left, step left in place
4-6 Step right back, step left-right in place
- 1-3 Step left forward, step right forward making a ½ turn left, rock/step left back
4-6 Step forward right-left-right making a full turn right
- 1-3 Rock/step left forward, rock/step right back turning ½ left, rock/step left forward
4-6 Rock/step right forward, rock/step left back turning ½ right, rock/step right forward
- 1-3 Step left forward, pivot ½ turn right taking weight onto right, step left forward
4-6 Step right forward, brush ball of left forward, brush ball of left across right
- 1-3 Step left forward, step right in place making a ½ turn left, step left in place
&4-6 Step right back, point left toe forward, hold, hold
- 1-3 Step left forward at 45 degrees right, rock right to right, return/rock left at center
4-6 Step right forward at 45 degrees left, rock left to left, return/rock right at center
- &1-3 Step left beside right, rock right to right, return/rock left at center, step right forward
&4-6 Repeat previous 3 counts (these 6 counts are very soft & smooth)
- 1-3 Step left forward, pivot ½ turn right taking weight onto right, step left forward
4-6 Step forward right-left making a full turn left, step right forward

REPEAT

TAG

On 3rd wall do the first 6 counts only then start again
