

Spin

拍數: 64 牆數: 4 級數: Advanced
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音樂: Spin - Darren Hayes



LEFT WEAVE WITH SYNCOPATED LEFT POINT, LEFT CROSS/RIGHT SIDE, RIGHT SYNCOPATED WEAVE (¼-RIGHT)

- 1-2 Cross right foot over left, step left foot to left side, cross right foot behind left, step left foot to left side
&5 Cross right foot over left, point left toe to left side
6-7 Cross left foot over right, step right foot to right side
8& Cross left foot behind right, step right foot to right side a ¼ turn right

LEFT STEP/½ PIVOT RIGHT, LEFT POINT (¼-RIGHT), LEFT SIDE (¼-RIGHT), RIGHT TOUCH/SIDE STEP, LEFT BACK ROCK/RECOVER, LEFT FORWARD/RIGHT SCUFF

- 1-2 Step left foot forward, pivot a ½ turn right
3 Make a ¼ turn right on ball of right foot pointing left toe to left side
4 Make a ½ turn right on ball of right foot stepping left foot to left side
5-6 Touch right toe back behind left foot, step right foot to right side
7&8& Rock left foot back, recover weight onto right foot, step left foot forward, scuff ball of right foot forward

RIGHT HITCH/TOUCH, HIP BUMPS, LEFT BACK MAMBO, RIGHT FORWARD/LEFT FORWARD TOUCH

- 1-2 Hitch right knee, touch ball of right foot back
3&4 Bump hips back taking weight on right foot, forward, back (weight ending on right foot)
5&6 Rock left foot back, recover weight onto right foot, step left foot forward
7-8 Step right foot forward, touch left toe forward

LEFT BACK (¼-LEFT)/RIGHT POINT, RIGHT SWEEP-BALL-CHANGE, RIGHT ROLLING TURN (1 ½-RIGHT)

- 1-2 Step left foot back a ¼ turn left, point right toe forward in front of left foot
3&4 Sweep right toe around left leg, rock ball of right foot back behind left foot, recover weight onto left foot
5-6 Step right foot to right side a ¼ turn right, step left foot forward a ½ turn right
7-8 Step right foot back a ½ turn right, step left foot forward a ¼ turn right

Optional:

- 5-6-7-8 Step right foot to right side a ¼ turn right, step left foot forward a ¼ turn right, cross right behind left, step left foot to left side

RIGHT CROSS/LEFT SIDE (¼-RIGHT), (&) RIGHT SIDE (¼-RIGHT), LEFT POINT/STEP (¼-LEFT), LEFT ROLLING TURN FORWARD (1½-LEFT), LEFT BACK (¼-LEFT)/RIGHT KNEE POP

- 1-2 Cross right over left, step left foot to left side a ¼ turn right
&3-4 Step right foot to right side a ¼ turn right, point left toe to left side, step down on to left foot a ¼ turn left
5&6 Step right foot forward a ½ turn left, step left foot back a ½ turn left, step right foot forward a ½ turn left
7-8 Step left foot back a ¼ turn left, pop right knee inward towards left leg

RIGHT KNEE POPS, LEFT SYNCOPATED WEAVE WITH LEFT TOUCH FORWARD, HEEL SWIVELS (½-RIGHT), RIGHT SIDE (¼-RIGHT)/LEFT POINT (¼-RIGHT)

- 1&2 Pop right knee out, in, out
3&4 Cross left over right, step right foot to right side, touch left toe forward

5&6 Swivel heels left, right, left making a ½ turn right (weight ending back on left foot)
7-8 Step right foot to right side a ¼ turn right, make a ¼ turn right pointing left toe to left side

LEFT CROSS, 1¼ ROLLING TURN LEFT TRAVELING RIGHT, LEFT SIDE ROCK (¼-LEFT)/RECOVER, RIGHT SYNCOPATED WEAVE

1-2 Cross left over right, step right foot to right side a ¼ turn left
3-4 Step left foot back a ½ turn left, step right foot forward a ½ turn left
5-6 Make a ¼ turn left rocking left foot to left side, recover weight onto right foot
7&8 Cross left behind right, step right foot to right side, cross left over right

RIGHT SIDE STEP WITH HIP BUMPS (RIGHT, LEFT, RIGHT, LEFT), RIGHT SIDE SHUFFLE, LEFT SIDE STEP WITH HIP BUMPS (LEFT, RIGHT, LEFT, RIGHT), LEFT SIDE SHUFFLE

1&2& Step right foot to right side bumping hips right, left, right, left (lift weight off right foot slightly)
3&4 Step right foot to right side, step left foot to place beside right, step right foot to right side
5&6& Bump hips left, right, left, right (lift weight off left foot slightly)
7&8 Step left foot to left side, step right foot to place beside left, step left foot to left side

REPEAT

TAG

On 2nd wall, between counts 32 and 33

RIGHT CROSS ROCK/RECOVER, RIGHT SIDE SHUFFLE, LEFT CROSS ROCK/RECOVER, LEFT SIDE SHUFFLE

1-2 Cross rock right foot over left, recover weight back onto left foot
3&4 Step right foot to right side, step left foot beside right, step right foot to right side
5-6 Cross rock left foot over right, recover weight back onto right foot
7&8 Step left foot to left side, step right foot beside left, step left foot to left side
