

Unleash The Dragon

拍數: 0 牆數: 0 級數:
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音樂: Unleash the Dragon - Sisqó



Sequence: A B A B C A B B A B B

PART A

CROSS, SIDE, SAILOR, ROCK, RECOVER, BEHIND, SIDE, CROSS

- 1-2 Cross right foot over left, step left to left side
3&4 Step right foot behind left, step left to left side, step right to right side
5-6 Rock left to left side, recover on right foot
7&8 Step left behind right, step right to right side, cross left over right

TOE SWITCHES, ½ TURN ½ TURN

- 9&10 Point right toe to right side, switch and point left toe to left side
&11&12 Switch and point right toe to right side, switch and point left toe to left side
&13-14 Switch step right foot forward, pivot ½ turn left
15-16 Step right foot forward, pivot ½ turn left

ROLLING GRAPEVINES TWICE

- 17-18 Step right ½ turn right, step left to left side ¼ turn right
19-20 Step right to right side ¼ turn right, touch left foot beside right
21-22 Step left ½ turn left, step right to right side ¼ turn left
23-24 Step left to left side ¼ turn left, touch right foot beside left

STEP, TOUCH, STEP, TOUCH

- 25-26 Step right foot to right side, touch left next to right
27-28 Step left to left side, touch right next to left
29-30 Step right to right side bending knees (placing hands on legs), slide left next to right while standing up
31-32 Repeat steps 29-30

PART B

WALK, WALK, ROCK, RECOVER, ROCK, RECOVER TWICE

- 1-2 Walk forward on right, walk forward on left
3&4& Rock forward on right, replace weight on left, rock back on right, replace weight on left
5-6 Repeat steps 1-2
7&8& Repeat steps 3&4&

SIDE SHUFFLE, PIVOT ½ TWICE

- 9&10 Step right to right side, step left next to right, step right to right side
11&12& Step left foot forward, pivot ½ turn right, step left foot forward, pivot ½ turn right
13&14 Step left to left side, step right next to left, step left to left side
15&16& Step right foot forward, pivot ½ turn left, step right foot forward, pivot ½ turn left
17-32 Repeat steps 1-16

PART C

MONTEREY TWICE

- 1-2 Touch right foot to right side, on ball of left pivot ½ turn right stepping right beside left
3-4 Touch left foot to left side, step left beside right
5-8 Repeat steps 1-4

