

It Takes 2

拍數: 32 牆數: 4 級數: Improver
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音樂: Intuition - Jewel



WALK, SUGAR PUSH, HOLD, WEIGHT CHANGE, KICK, STEP, ¼ TURN

- 1 Step right forward
- 2 Step left forward
- 3 Cross right just behind left
- & Left step in place
- 4 Step right backwards and push on ball of left the weight forward
- 5 Hold
- & Drop left heel
- 6 Kick right forward
- & Right step just behind left
- 7 Cross left in front of right
- & Step right backwards
- 8 Turn ¼ to the left on right and step with left to the left side

HIP ROLLS, CROSS ROCK STEP, STEP, CROSS, HOLD, UNWIND, HOLD

- 1 Roll hips to left side
- 2 Roll hips to right side weight ended on left
- 3 Rock right over left
- & Recover back on left
- 4 Step right to right side
- 5 Cross left over right
- 6 Hold
- & Unwind a full turn, both feet ended crossed
- 7 Bend both knees
- 8 Hold

ROCK, FLICK, TURN ½, COASTER STEP, ROCK STEP, ROCK STEP, HOOK

- & Stretch both knees
- 1 Rock right forward and push forward
- 2 Push backwards, flick right backwards and turn ½ on left to the right
- 3 Step right backward
- & Step left next to right
- 4 Step right forward
- 5 Rock left to left side
- & Recover back on right
- 6 Step left next to right
- 7 Rock right to right side
- & Recover back on left
- 8 Turn ¼ to the left and hook right in front of left

WALK, TURN ½, RONDE, WEAVE, CROSS, UNWIND, STEP

- 1 Step right forward
- 2 Step left forward and turn ¾ to the right
- 3 Cross right behind left
- & Step left to left side
- 4 Cross right in front of left

- & Step left to left side
- 5 Cross right behind left
- & Step left to left side
- 6 Touch right in front of left
- & Unwind a full turn on ball of both feet
- 7 Drop both heels
- 8 Step left next to right

REPEAT
