

I Understand

拍數: 32 牆數: 2 級數: Improver
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音樂: Peace Understanding and Love - Tamra Rosanes



WALK, WALK, ROCK, SHUFFLE BACK, ROCK

1-2 Walk forward on right, left
3-4 Rock forward on right foot, recover on left foot
5&6 Shuffle back on right, left, right
7-8 Rock back on left foot, recover on right foot (while doing the rock, a hop is possible)

HEEL SWITCHES, CLAP, VINE LEFT

1& Put left heel forward, put left foot next to right foot, weight on left foot
2& Put right heel forward, put right foot next to left foot, weight on right foot
3 Put left heel forward
&4 Clap twice
5-8 Step left to the side, cross right behind left, step out on left, lift up right foot behind left leg and slap on right heel

¼ HITCH, ¼ HITCH, HEEL SWITCHES, CLAP

1-2 ¼ turn right while stepping forward on right foot, clap on left knee while hitching
3-4 ¼ turn right while stepping forward on left foot, clap on right knee while hitching
5& Put right heel forward, put right foot next to left foot, weight on right foot
6& Put left heel forward, put left foot next to right foot, weight on left foot
7 Put right heel forward
&8 Clap twice

SHUFFLE RIGHT, ROCK, SHUFFLE LEFT, ROCK

1&2 Shuffle right, left, right
3-4 Rock back on left foot, recover on right foot
5&6 Shuffle left, right, left
7-8 Rock back on right foot, recover on left foot

REPEAT

TAG

After 2nd wall

HIP BUMS

1-2 Hip right, left

RESTART

During 5th wall. After count 24 (after making heel switches and 2 claps, the 2nd time) start from the beginning (walk, walk)