

Na Qu

拍數: 32 牆數: 2 級數: Improver
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音樂: Na Qu - Da Mouth



Intro: 32 counts on heavy beat

Side Rock, Hold, Pivot ¼ Turn, Hold, Kick Ball Step, Pivot ½ Turn

- 1-2 Rock right to right, hold
- 3-4 Make a pivot ¼ left turn and change weight to left, hold (9:00)
- 5&6 Kick right forward, step right beside left, step left forward
- 7-8 Step right forward, make a ½ left turn and change weight to left (3:00)

Side Rock, Hold, Pivot ¼ Turn, Hold, Kick Ball Step, Forward, Paddle ¼ Turn

- 1-2 Rock right to right, hold
- 3-4 Make a pivot ¼ left turn and change weight to left, hold (12:00)
- 5&6 Kick right forward, step right beside left, step left forward
- 7&8 Step right forward, make a ¼ turn left and pop both knees(both feet on ball), step down on both feet (feet apart) (3:00)

Forward, Left Forward Shuffle, Side Rock with Hip Bump, Hold, Recover with Hip bump, Together & Flick L

- 1-2 Step right forward, hold
- 3&4 Step left forward, lock right behind left, step left forward
- 5-6 Rock right to side and bump hips to right, hold
- 7-8 Recover to left and bump hips to left, step right together and flick left beside right.

¼ Right Diagonal Forward & Touch, Hold, Side Rock, Hold, Forward, Hold, Pivot ½ Turn, Forward

- 1-2 Make a ¼ turn right step left diagonally forward and touch right together (body lean forward), hold
- 3-4 Rock right to side (body straight up), hold
- 5-6 Rock left forward, hold
- 7-8 Make a ½ pivot turn right and change weight to right, rock left forward (6:00)

Start Again
