

# Mach

拍數: 32      牆數: 4      級數: Higher Beginner  
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音樂: Mach - Rainbow



Intro: 48 counts from start of track

## TOUCH R & BUMP HIPS R-L-R, BEHIND SIDE CROSS, TOUCH L & BUMP HIPS L-R-L, BEHIND SIDE CROSS

1&2      Touch R toes to right & bump hips R/L/R keeping weight on L  
3&4      Step right behind left, step left to left, cross right over left  
5&6      Touch L toes to left side & bump hips L/R/L keeping weight on R  
7&8      Step left behind right, step right to right, cross left over right

## R CHASSE, ¼ L L CHASSE, STEP, TOUCH, BACK, KICK, BACK ROCK

1&2      Step right to right, step left beside right, step right to right  
3&4      ¼ turn left step left to left, step right beside left, step left to left  
5&6&      Step forward on right, touch left toe behind right, step back on left, kick forward on right  
7-8      Rock back on right, recover onto left

## HEEL SWITCHES, SIDE, DRAG, HEEL SWITCHES, SIDE, DRAG

1&2&      Touch right heel forward, step right beside left, touch left heel forward, step left beside right  
3-4      Step right to right, drag left toe to right foot  
5&6&      Touch left heel forward, step left beside right, touch right heel forward, step right beside left  
7-8      Step left to left, drag right toe to left foot

## RUMBA BOX, R COASTER, FORWARD SHUFFLE

1&2      Step right to right, step left beside right, step forward on right  
3&4      Step left to left, step right beside left, step back on left  
5&6      Step back on right, step left beside right, step forward on right  
7&8      Step forward on left, lock right behind left, step forward on left

## REPEAT

**TAG: After wall 7, do the following 4 counts.**

1-4      Rock forward on right, recover onto left, rock back on right, recover onto left

**RESTART: On wall 2, dance to count 16, then restart dance**