

We Are Water

拍數: 64 牆數: 4 級數: Improver
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音樂: We Are Water - Hayden Panettiere



Intro: 16 counts – No Tags No Restarts

Section 1: R Heel Hook R Heel Flick R Lock Step. L Heel Hook L Heel Flick L Lock Step

1& Touch R heel forward. Hook R in front of L knee
2& Touch R heel forward. Flick R heel back and out to R
3&4 Step R forward, lock step L behind R, step R forward
5& Touch L heel forward. Hook L in front of R knee
6& Touch L heel forward. Flick L heel back and out to L
7&8 Step L forward, lock step R behind L, step L forward

Section 2: R Mambo Forward L Back Lock Step R Coaster Step, Step turn step ½ turn R

1&2 Rock R forward. Recover onto L. Step R beside L
3&4 Step L back, lock step R in front of L, step L back
5&6 Step back R, step L beside R Step forward R
7&8 Step forward L, pivot ½ R Step forward L

Sections 3: & 4 (repeat sections 1&2)

Section 5: R Side rock behind side cross L side rock cross shuffle

1-2 Rock R out to R side, recover weight to L
3&4 Cross step R behind L, step L to L side, cross step R over Left
5-6 Side rock L on L, Recover weight onto R
7&8 Cross L in front of R, Step R to R side, Cross L in front of R

Section 6: R Side behind step ¼ turn R, step pivot ½ turn R, ¼ turn R, Side behind ¼ turn L (FIGURE 8 GRAPEVINE)

1-2 Step R to side, step L behind R
3-4 Step R ¼ turn to R, step L forward
5-6 Pivot ½ turn R, step L to L making ¼ turn R
7-8 Step R behind L, step L forward making ¼ turn L

Section 7: R forward rock recover and triple full turn (or coaster step), L forward rock and coaster cross (or triple full turn L)

1-2 Rock forward on R. Recover onto L.
3&4 Triple full turn R, stepping - R, L, R

Option 3&4: Replace triple full turn with a coaster step - Step R back. Step L beside R. Step R forward

5-6 Rock L forward recover on R
7&8 Step L back. Step R beside L. Step L across R

Option 7&8: Replace L coaster with triple full turn L stepping L, R, L

Section 8: R side hold behind side touch, L side hold behind side touch

1-2 Step R to R side. Hold.
3 & 4 Cross L behind R. Step R to R side. Touch L toe next to R foot.
5 – 6 Step L to L side. Hold.
7&8 Cross R behind L. Step L to L side. Touch R toe next to L foot.

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