

Cups

拍數: 32 牆數: 2 級數: Beginner
編舞者: Gabi Ibáñez (ES) & Paqui Monroy (ES) - April 2014
音樂: When I'm Gone - Anna Kendrick



KICK BALL CHANGE , SCUFF , STOMP

- 1 Kick forward with right foot
- & Step right beside left
- 2 Step left the place leaving the weight
- 3 Scuff right foot
- 4 Stomp right foot to the right and let the weight

TOE - TOE - SCUFF - STOMP

- 5 Touch the left toe behind right
- 6 Touch the left toe diagonally behind the left
- 7 Scuff left foot
- 8 Stomp the left foot

STEP - CROSS & HEEL & CROSS

- 9 Step right to side
- 10 Cross left behind
- & Step right slightly back
- 11 Touch left heel diagonally forward
- & Step left together
- 12 Cross right over left

TURN ¼ - ¼ TURN - CROSS SHUFFLE

- 13 Turn ¼ right and step slightly back
- 14 Turn ¼ right and step right to side (we are 6 hours)
- 15 Cross left over right
- & Step right to side
- 16 Cross left over right

* On the 4th . Wall start dancing here again

SWEEP - STEP - LOCK - STEP

- 17 Sweep right foot around
- 18 Touch right foot crossed in front of left
- 19 Step left back
- & Step right back crossed right over left
- 20 Step left back

TOE - ½ TURN - STEP - ½ TURN

- 21 Touch right toe back
- 22 Turn ½ to the right leaving weight on right foot
- 23 Step left forward
- 24 Turn ½ to the right leaving weight on right foot

ROCK - ROCK SHUFFLE FORWARD

- 25 Step right before leaving the weight and lifting the left foot
- 26 Return all the weight back right foot , lifting left foot
- 27 Step left forward
- & Step right forward crossing it behind the left foot

28 Step left forward

JAZZ TRIANGLE

29 Cross right over left

30 Step left back

31 Step right to side

32 Step left beside right

REPEAT

RESTART : on the 4th . wall only do the first 16 steps and start dancing (we're at 12 pm)

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