

Extreme Love

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Kate Henry (CAN) - May 2014
音樂: Love Runs Out - OneRepublic



Intro: 32 counts

TAG: On Wall 7, do first 16 counts, add Tag and start from beginning

Rock Recover, Behind, Side, Cross, Rock Recover, Behind, Side, Forward

1-2 Step R side R (1) Step L in place (2)
3&4 Step R behind L (3) Step L side L (&) Step R over L (4)
5-6 Step L side L (5) Step R in place (6)
7&8 Step L behind R (7) Step R side R (&) Step forward on L (8)

Hip Bumps, Mambo, Coaster

1&2 Touch R toe forward bump hips R (1) Bump hips L (&) Step down on R (2)
3&4 Touch L toe forward bump hips L (3) Bump hips R (&) Step down on L (4)
5&6 Step R forward (5) Step L in place (&) Step R back (6)
7&8 Step L back (7) Step R beside L (&) Step L forward (8)

Wall 7: add Tag and start again

R Soft-Shoe, L Soft-Shoe

1&2& Rock R over L (1) Recover onto L (&) Rock R side R (2) Recover onto L (&)
3&4 Rock R over L (3) Recover onto L (&) Step R side R (4)
5&6& Rock L over R (5) Recover onto R (&) Rock L side L (6) Recover onto R (&)
7&8 Rock L over R (7) Recover onto R (&) Step L ¼ L (8)

¼ Pivot, Cross Shuffle, ¼ Shuffle, ½ Turn Back

1-2 Step R forward (1) ¼ pivot L, wt. on L (2)
3&4 Step R over L (3) Step L side L (&) Step R over L (4)
5&6 Step L ¼ L (5) Step R beside L (&) Step L forward (6)
7-8 Step R forward (7) ½ turn L wt. on R (8)

Coaster, Walk, Walk, Cross Mambo, Cross Mambo

1&2 Step L back (1) Step R beside L (&) Step L forward (2)
3-4 Step forward R (3) Step forward L (4)
5&6 Step R over L (5) Step L in place (&) Step R side R (6)
7&8 Step L over R (5) Step R in place (&) Step L side L (6)

¼ Pivot, Cross Shuffle, Rock Recover, ¼ Sailor

1-2 Step R forward (1) ¼ pivot L, wt. on L (2)
3&4 Step R over L (3) Step L side L (&) Step R over L (4)
5-6 Step L side L (5) Step R in place (6)
7&8 Cross L behind R making ¼ turn L (7) Step R beside L (&) Step forward on L (8)

Tag: Wall 7 - Rocking Horse

Step R forward (1) Step L in place (2) Step R back (3) Step L in place (4)

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