

Hairpin Bends

拍数: 32 墙数: 4 级数: Improver
编舞者: David Feltell (UK)
音乐: Dangerous Curves - The Cherry Bombs



Start on lyrics

RUMBA BOX

- 1-2 Step left foot to left, close right to left
- 3-4 Step forward with left, hold for one beat
- 5-6 Step right foot to right, close left to right
- 7-8 Step back on right foot, hold for one beat

SIDE STEP, CLOSE TOGETHER, ¼ TURN LEFT AND HOLD, ROCK, RECOVER, ¼ TURN RIGHT & HOLD

- 1-2 Step left foot to left, close right to left
- 3-4 Step left foot to left (turning ¼ turn to left), hold for one beat (facing 9:00)
- 5-6 Rock forward on right, recover weight on to left
- 7-8 Step right to right (turning ¼ turn to right), hold for one beat (facing 12:00)

CROSS STEPS (TWICE) & HOLD, ROCK, RECOVER, ¼ TURN RIGHT & HOLD

- 1-2 Cross left foot over right, step right foot to right
- 3-4 Cross left foot over right, hold for one beat
- 5-6 Rock forward on right foot, recover weight onto left foot
- 7-8 Step right foot to right (turning ¼ to right), hold for one beat (facing 3:00)

LEFT ROCKING CHAIR, 2 X ¼ TURN PADDLE TURNS TO RIGHT

- 1-2 Rock forward on left foot, recover weight onto right
- 3-4 Rock back on left foot, recover weight onto right
- 5-6 Small step forward on left foot, step right foot turning to the right ¼ turn
- 7-8 Repeat steps 5&6, finishing with weight on right foot

REPEAT
