

No Stick Figure

拍数: 32 墙数: 2 级数: Improver
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音乐: All About That Bass - Meghan Trainor



Starting after 32counts

Section 1: Syncopated Rocks , Step, Step, ½ Heelgrind R

- 1-2& Rock RF to right side. Recover to the left. Step RF next to LF.
- 3-4& Rock LF to left side and recover to the right. Step LF next to RF.
- 5 Step RF forward.
- 6 Step LF forward
- 7-8 Cross right heel over left foot and twist toes to right. Turn ½ right stepping LF back. (6 o'clock).

Section 2: Heel Drops, Skate, Skate, ¼ Shuffle L

- 1-2& Step RF out and drop right heel twice to the floor(use your hips). Switch weight to RF.
- 3-4& Step LF out and drop left heel twice to the floor(use your hips). Switch weight to LF.
- 5 Skate RF forward
- 6 Skate LF forward
- 7&8 Step RF forward, Step LF next to RF. Make a ¼ turning stepping RF to the left side (3 o'clock).

Section 3: Cross, Side, ¼ Shuffle L, ½ Pivot L, Run, Run, Run

- 1-2 Cross LF over RF. Step RF to the side.
- 3&4 Step LF forward making a ¼ turn to left. Step RF together with LF. Step LF forward
- 5-6 Step RF forward and make a ½ pivot turn to left. Weight to the LF.
- 7&8 Make a small running steps forward R L R.

Section 4: Rock step, Full turn L, Coaster step, Hitch and Rock.

- 1-2 Rock LF forward, recover to the right.
- 3-4 Make a full turn: Step LF forward making a ½ to left. Step RF back making a ½ turn to left.
- 5&6 Step LF back. Step RF next to LF. Step LF forward.
- &7&8& Hitch right knee. Step RF next to LF. Rock LF to the left side and recover to right. Step LF next to RF.

Start Again! Enjoy!

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