

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Rebecca Lee (MY) - December 2014
音乐: Mi Mi Mi - SEREBRO



Intro : 32counts – Sequence: ABA Tag, ABA Tag, A Tag A

Part A: 32counts

A1: Side Rock,Behind,Side,Cross,Side Rock, Behind, ¼ turn R Step

1-2 Rock R to R, Recover L
3&4 Step R behind L, Step L to L, Step R over L
5-6 Rock L to L, Recover R
7&8 Step L behind R, Step R to R, ¼ turn R step L forward

A2: Step, ½ turn Pivot, Full Turn, Shuffle R,Shuffle

1-2 Step R forward, ½ turn L weight on the L
3-4 ½ turn L step R forward, ½ turn L step L back
5&6 Step R forward, Lock L behind R, Step R forward
7&8 Step L forward, Lock R behind L, Step L forward

A3: Cross Touch R,L, ¼ turn Cross Touch R,L

1-2 Cross R over L, Touch L to L
3-4 Cross L over R, Touch R to R
5-6 ¼ turn R Cross R over L, Touch L to L
7-8 Cross L over R, Touch R to R

A4: Cross Rock R,L , Unwind ½ turn L

1&2 Rock R over L, Recover, Step R beside L
3&4 Rock L over R, Recover, Step L beside R
&5-6 Step R forward, Lock L behind R, Hold
7-8 unwind ½ turn L

Part B: 32 counts

B1: Walk,Walk, ¼ turn L Side Rock, Cross, ½ turn R spiral, Side, Together

1-2 Step R forward, Step L forward
3-4 ¼ turn L rock R to R, recover weight to L
5-6 Step R over L, ½ turn R spiral
7-8 Step R to R, Step L beside R

B2: Step, Touch, Step, Touch, Out, Out, In, In

1-2 Step R to R, Touch L beside R
3-4 Step L to L, Touch R beside L
5-6 Step R to R diagonal, Step L to L diagonal
7-8 Step R back , Step L beside R

B3: Step,Lock, Shuffle R, Step,½ turn R Pivot, Step, ¼ turn R Pivot

1-2 Step R forward, Lock L behind R
3&4 Step R forward, Step L behind R, Step R forward
5-6 Step L forward, ½ turn R pivot
7-8 Step L forward, ¼ turn R pivot

B4: Cross Rock R, L, ¼ turn L Jazz Box

1&2 Cross L over R, Rock R to R, Recover L

3&4 Cross R over L, Rock L to L, Recover R
5-6 Step L over R, Step R to R
7-8 ¼ turn L stepping L to L, Step R beside L

Tag: 32 Counts

1-2 Pop R knee forward, Pop L knee forward
3&4 Pop R knee forward, Pop L knee forward, Pop R knee forward
5-6 Pop L knee forward, Pop R knee forward
7&8 Pop L knee forward, Pop R knee forward, Pop L knee forward

9&10 Rock L to L, Recover R, Step L beside R
11&12 Rock R to R, Recover L, Step R beside L
13-14 Step L to L with hip roll from L to R
15&16 Step L beside R (pop L knee forward), Pop R knee forward, Pop L knee forward

Repeat Counts 1-16

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