You Know it

拍数: 32

级数: Improver

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音乐: Don't Stop - 5 Seconds of Summer

Intro 16 counts - start on count 17.

- Section 1: (1-8) Rock right over left, chassis right. Rock left over right 1/4 turn left shuffle forward.
- 1-2 Rock right over left recover on left
- 3&4 Step right to right side, bring left to right, step right to right
- 5-6 Rock left over right, recover on right.
- 7&8 1/4 turn left, bring right to left, step left foot forward.

Section 2: (9-16). Full turn in 2 over left, right shuffle forward, Rock forward left recover and left coaster step.

- 1-2 1/2 turn left step back on right, 1/2 turn left step forward on left (walk R / L for non turn option)
- 3&4 Step right forward, bring left up to right, step right forward.
- 5-6 Step left foot forward, recover back on right.
- 7&8 step left foot back, step right beside left, step left beside right.

Section 3: (17-24) Step right forward and two quarter paddle turns left, cross side behind and side point left to left.

- 1-2 Step forward on right, quarter turn left putting weight back on left (1/4 paddle turn)
- Step forward on right, quarter turn left putting weight back on left (1/4 paddle turn) 3-4
- 5-6 Cross right over left, step left to left side.
- 7-8 Step right behind left, point left to left side.

Section 4: (25-32) Step left over right, point right, step right over left point left. Left jazz box, scuff right over left to start again.

- 1-2 Cross left foot over right, point right to right side
- 3-4 Step right over left point left to left side.
- 5-6 Step left over right, step back on right.
- 7-8 Step left beside right, scuff right over left ready to start the dance again.

Restart : On wall 6 after counts 16 counts. Immediately after left coaster step when the chorus Restarts.

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墙数:4