

Genetics

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Genetics - Meghan Trainor



Touch x2, step 1/4 turn L, cross, step, cross, rock & cross

1& Touch right toe beside LF, step RF beside LF
2& Touch left toe beside RF, step LF beside RF
3, 4 Step fwd on RF, make a 1/4 turn L (9.00)
5 Step RF across LF
6,7 Step LF to left side, step RF across LF
8&1 Rock LF to left side, recover, cross LF over RF

3/4 turn R, coaster step, out, out, in, in

2 1/4 turn R stepping fwd on RF
3 1/4 turn R stepping LF to left side
4 1/4 turn R stepping back on (facing 6.00)
5&6 Step back on LF, step RF beside LF, step fwd on LF
&7 Step out out on right heel and left heel
&8 Step RF back to center, step LF beside RF

RESTART on wall 4

Side rock, weave, side rock, weave w/ 1/4 turn R

1, 2 Rock RF to right side, recover onto LF
3&4 Step RF behind, LF, step LF to left side, cross RF over LF
5, 6 Rock LF to left side, recover onto RF
7&8 Step LF behind RF, 1/4 turn R stepping fwd on RF, step fwd on LF (9.00)

Heel grind, 1/4 turn L heel grind, coaster cross, paddle 1/4 turn L

1, 2 RF heel grind, step LF to left side
&3, 4 Step RF beside LF, LF heel grind with 1/4 turn L, step back on RF (6.00)
5&6 Step back on LF, step RF beside LF, cross LF over RF
7& Press RF to right side, recover weight on LF
8& Make a 1/4 turn L press RF to right side, recover weight onto LF (3.00)
