

How

拍数: 32 墙数: 2 级数: Beginner - ECS
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音乐: Tell Me How - The Head Cat : (Album: Fool's Paradise - 2006)



Start after 2 x 8 counts, with the lyrics

(1 - 8) : Right step, together, step, touch, back, touch, step, touch

- 1 Step forward right foot - Right diagonal
- 2 Step left foot next to right foot (Transfer weight onto left foot)
- 3 Step forward right foot
- 4 Touch left foot next to right foot
- 5 Step back left foot
- 6 Touch right foot next to left foot
- 7 Step forward right foot
- 8 Touch left foot next to right foot

(9-16) : Left step, together, step, touch, back, touch, step, touch

- 1 Step forward left foot - Right diagonal
- 2 Step right foot next to left foot (Transfer weight onto right foot)
- 3 Step forward left foot
- 4 Touch right foot next to left foot
- 5 Step back right foot
- 6 Touch left foot next to right foot
- 7 Step forward left foot
- 8 Touch right foot next to left foot

(17-24) : Right vine, touch, left vine ¼ turn on left, brush

- 1 2 3 Right foot to right side, left foot under the right foot, right foot to right side
- 4 Touch left foot next to right foot
- 5 6 7 Left foot to left side, right foot under the left foot, left foot to left side with ¼ turn on left
- 8 Brush right foot forward - 09:00

(25-32) : Right rocking chair, right step ¼ turn on left, stomp, stomp

- 1 - 2 Right rock step forward, Recover onto left foot - 09:00 (left wall)
- 3 - 4 Right rock step backward, Recover onto left foot
- 5 - 6 Right step forward (weight on right foot), ¼ turn on left side (weight on left foot) - 09:00 - 06:00
- 7 - 8 Right stomp, left stomp - 06:00 (back wall)

Start again with smile.....

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