Undivided

拍数: 32

级数: High Beginner

编舞者: Jim Dawson (USA) - June 2021

音乐: Undivided - Tim McGraw & Tyler Hubbard

Dance starts on 1st word, after counting 16 beats. No tags or restarts

(1-4) Rock step L forward & together, Rock step R backward & together (or 2 Mambo steps)

- 1&2 Rock forward on L, step in place R, return L beside R
- 3&4 Rock backward on R, step in place L, return R beside L

(5-8) Basic R side full turn

- 5&6 L forward, 1/2 turn R stepping on R, 1/2 turn R by swiveling on R & ending on the L (facing the 12:00 o clock wall)
- 7&8. Rock backward on R, step in place L, return R beside L

(9-16). Rock step L forward & together, Rock step R backward & together, Side Rock L & together, Side Rock R & together, (4 Mambo steps)

- 1&2 Rock forward on L, step in place R, return L beside R
- 3&4 Rock backward on R, step in place L, return R beside L
- 5&6 Rock L to L, step in place R, return L beside R
- 7&8. Rock R to R, step in place L, return R beside L

(17-20) Rock step L forward & together, Rock step R backward & together (or 2 Mambo steps)

- 1&2 Rock forward on L, step in place R, return L beside R
- 3&4 Rock backward on R, step in place L, return R beside L

(21-24) 1/2 cross body turn to the L

- 5&6 . Rock forward on L, step In place R, step only the L ft 1/4 turn to L into an open position
- 7&8. Rock R to the side, step L ft 1/4 turn to the L, step R beside L

(25-32) Repeat steps 17-24 (This brings one back to the 12:00 o clock wall)

NOTE: If you've ever wanted to Latin Dance, you just did, for these are the basic lead steps for the Salsa, except the count would simply be 123 pause, 567 pause

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墙数: 1