One Last DANCE

拍数: 32

级数: Beginner

编舞者: Val Saari (CAN) - September 2023

音乐: One Last Dance - Imanbek & Ali Gatie

INTRO: 32 counts

RF CROSS ROCK/RECOVER, SWAY RL, LINDY RIGHT

- Rock RF over L, Recover LF 1-2
- 3-4 Step RF right and sway R,L
- 5&6 Shuffle right, RLR
- 7-8 Rock back on LF, Recover on RF

Step-Taps 1/4 L X 4

- 1-2 Step LF 1/4 L (9:00), Tap RF behind L
- 3-4 Recover RF in place, Tap LF forward
- 5-6 Recover LF in place, Tap RF behind L
- 7-8 Recover RF in place, Tap LF forward

WALK FORWARD (LRL) KICK RF, ANCHOR STEPS BACK

- Walk forward LRL, Kick RF forward 1-4
- 5&6 Step RF behind L, Step LF in place, Step RF in place
- Step LF behind R, Step RF in place, Step LF in place 7&8

MODIFIED MAMBO RIGHT, MAMBO LEFT, STOMP TWICE

- RF Rock side right, LF recover 1-2
- 3-4 RF toe-strut
- 5-6 LF Rock side left, RF recover
- 7-8 Stomp LF together twice (weight on LF on count 8)

No tags, no restarts

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墙数:4