

Broccoli

拍数: 64 墙数: 4 级数: Phrased Improver
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音乐: Broccoli - McFly



Phrased : A* B T1 BB T2 A B T1 BBB A BBB

Intro: 1 x 8 counts wait

Part : A* (only 24 counts)

Tags : Tag 1 = 2x side touch with clap / Tag 2 = 4 slide back with RF, close with LF

Ending: unwind turn left

A

Part 1: 4x scuff, step

1, 2 RF scuff, RF step forward and clap hands
3, 4 LF scuff, RF step forward and clap hands
5-8 repeat 1-4

Part 2: rockin chair, paddle ¼ turn

1, 2 RF rock for, weight back on LF
3, 4 RF rock back, weight back on LF
5, 6 RF rock for, begin the paddle turn left, weight back on LF
7, 8 RF rock for, turn left (now you have ¼), weight back on LF

Part 3 + 4: repeat part 1 + 2

Part A* has only 24 counts : first time directly start here in Part B

B

Part 5: Chasse right, toe strut back, heel and heel and step, scuff

1&2 RF side right, close with LF, RF side right
3, 4 LF toe back, LF strut
5&6& RF heel, jump on RF, LF heel, jump on LF
7, 8 RF step forward, LF scuff

Part 6: toe strut side left, toe strut cross left, chasse left, back rock

1, 2 LF toe, LF strut
3, 4 RF cross before LF with toe, RF strut
5&6 chasse left : LF side left, close with RF, LF side left
7, 8 RF diagonal back rock (Face to 1)

Part 7 : 2x kick ball cross right, kneebounce toe strut turn first ¼ right then ½ left

1&2 RF kick and go forward, weight back on RF, step with LF cross before RF (do this little bit diagonal Face to 1)
3&4 repeat 1+2
5 now you turn ¼ right and bring RF forward, weight only on the both toes
6, 7 bounce with your knees and make a ½ turn left
8 on count 8 you have weight full on RF

Part 8 : 2x toe strut back, coaster step, scuff

1, 2 LF toe, LF strut backwards
3, 4 RF toe, RF strut backwards
5, 6 LF step back, RF close
7, 8 LF step forward, RF scuff

Have so much Fun ☐
