

3 Little Birds

拍数: 32 墙数: 4 级数: Newcomer
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音乐: Three Little Birds - Bob Marley & The Wailers



RF Step diagonal forward, together, step forward diagonal touch together. LF Step diagonal forward, together, step forward diagonal touch together.

- 1 RF step diagonal forward.
- 2 LF step together RF
- 3 RF step diagonal forward.
- 4 LF touch together RF
- 5,6,7,8 repeat everything but than start with LF.

Step diagonal backwards, touch together, repeat 3 times.

- 1 RF step diagonal backwards
- 2 LF touch together RF
- 3 LF step diagonal backwards
- 4 RF touch together LF
- 5 RF step diagonal backwards
- 6 LF touch together RF
- 7 LF step diagonal backwards
- 8 RF touch together LF

Heel forward, together, heel forward, turn ¼ left together, heel together, heel together.

- 1 RH forward.
- 2 RH close LF
- 3 LF heel forward
- 4 ¼ turn left LF close RF
- 5 RH forward
- 6 RH close LF
- 7 LH forward
- 8 LH close RF.

Pressure step right, pressure step left.

- 1 RF pressure diagonal forward
- 2 Recover weight on LF
- 3 RF pressure diagonal forward
- 4 Weight on RF.
- 5 LF pressure diagonal forward.
- 6 Recover weight on RF
- 7 LF pressure diagonal forward.
- 8 Weight on LF

Start again.