

Karmastition

拍数: 64 墙数: 0 级数:
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音乐: Karmastition (Radio Single Mashed) - Alicia Keys



WIZARD STEPS (DOROTHY), KICK BALL CROSS BACK TAP, KICK BALL CROSS

- 1-2& Forward on diagonal left, lock right behind step forward diagonal left
- 3-4& Forward on diagonal right, lock left behind step forward diagonal right
- 5&6 Kick left forward, step on left, tap right behind left
- 7&8 Kick right to forward diagonal, step right, cross in front left

SIDE SCOOTS (BODY ROLL OPTION), MONTEREY TURN

- 1-2&3-4 Side right, hold, bring left together, side right, hold
- &5-6-8 Left together, tap right to side, bring right foot in while turning ½ turn to right step on right, tap left to side, step together left

WALK, WALK, AND CROSS, SWEEP, TRIPLE

- 1-2&3-4 Walk right, left, turn ¼ turn to left and step side with right, step in place left, cross right in front of left
- 5 Step side left turning ¼ turn right
- 6&7 Continue turning ¼ turn more (total ½ turn) sweeping leg around and do a coaster step by stepping back right, together left, forward right
- 8 Step forward left

WALK, WALK, FRENCH CROSS (CALLED ENGLISH CROSS), TURN

- 1-2&3-4 Forward right, forward left, ¼ turn right step side right, cross in front ¼ turn to right step forward right
- 5 Hitch left up to right (or do a full pirouette turn to right)
- 6-7-8 Step forward left, forward right, ½ turn to left clap and hold weight on right with left tapped

KICK, STEP, LOCK STEP, BRUSH, HITCH, STEP ¼ TURN 2X

- 1&2&3&4 Kick left, step left, lock right behind left, step forward left, brush right, hitch right, ¼ turn to left and step together right
- 5&6&7&8 Kick left, step left, lock right behind left, step forward left, brush right, hitch right, ¼ turn to left and step together right

ROCK RECOVER WALK BACK OR MOON WALK, COASTER STEP

- 1-4 Rock forward left, recover back right, walk back left, walk back right (2-4 can be moon walks)
- 5&6 Coaster step by stepping back left, together right, forward left
- 7-8 Step forward right, turn ¾ turn to left on right bringing left knee up

Or this can be a spiral turn

BIG SLIDE BOX

- 1-2 Big side step left, drag right into left with tap and ¼ turn right
- 3-4 Big side step right, drag left into right with tap and ¼ turn right
- 5-6 Big side step left, drag right into left with tap and ¼ turn right
- 7-8 Big side step right, drag left into right with tap and ¼ turn right

STEP SLIDES, CROSS BEHIND, HEEL DROP TURN (OR SPIN)

- 1-2 Big side step left, drag right into left
- &3-4 Step together right, push left to side for big step, drag right into left
- 5 Cross right behind left

&6&7&8

Turn ½ turn to right while lifting and dropping heels three times ending with weight on right foot

REPEAT

RESTART

Do the dance 2 times through. On the 3rd time, do 16 counts and then restart. You will need to tap together with left at end of Monterey turn, instead of step left
