

Rhumberos

拍数: 32 墙数: 4 级数: Intermediate/Advanced
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音乐: Loving You Makes Me a Better Man - Hal Ketchum



STEP, ROCK, RECOVER, STEP, HOLD, STEP, ¼ TURN SWEEP, REVERSE SAILOR STEP WITH A ¼ TURN

- 1-2 Step left foot to left side, rock back onto right foot
- 3-4 Recover onto left foot, step right foot forward
- 5-6 Hold, step forward onto left foot
- 7 Rock back onto while sweeping left foot from front to back making a ¼ turn left
- 8&1 Step left foot behind right & step right foot across left foot, step forward on left foot making ¼ turn left (6:00)

PRESS, TWIST AND LOCK, UNWIND FULL TURN, SWEEP, SAILOR STEP WITH A ¼ TURN

- 2-3 Press step right foot forward (taking weight onto ball of foot with knee bent), hold
- 4&5 Twist hip to the right & replace weight onto left foot, lock right foot behind left foot
- 6-7 Unwind making a full turn right, sweep right foot from front to back
- 8&1 Step right foot behind left foot making a ¼ turn right & step left foot next to right foot, step forward on right foot (3:00)

WALK, WALK, WALK, SPIRAL TURN, WALK, WALK, SWEEP WITH A ¼, PRESS STEP

- 2-3 Step forward on left foot, step forward on right foot
- 4-5 Step forward on left foot, make a full turn right ending with feet crossed (weight on left foot)
- 6-7 Step forward on right foot, step forward on left foot
- 8-1 Sweep right foot from back to front making a ¼ turn left, press step right foot forward (taking weight onto ball of foot with knee bent)

WEIGHT CHANGE, ROCK, RECOVER, SCUFF, HITCH, CROSS, FULL TURN

- 2-3 Replace weight onto left foot, rock back onto right foot
- 4&5 Recover onto left foot & scuff right foot forward, hitch right knee in the air while making a ¼ turn left (9:00)
- 6-7 Step right foot down across left foot, start making a slow full turn to left
- 8 Complete full turn to left ending with feet crossed (weight on right foot)

REPEAT
