Vertical Expressions



拍数: 32 墙数: 4 级数: Improver mixed rhythm

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音乐: The Vertical Expression (Of Horizontal Desire) - The Bellamy Brothers



SKATE STEPS, SHUFFLE, SKATE STEPS, SHUFFLE

1	On the ball of the left foot, pivot slightly right as you step forward onto right foot
2	On the ball of the right foot, pivot slightly left as you step forward onto left foot

3&4 Angle right as you step forward onto right foot, left foot step forward next to right foot, right

foot step forward

On the ball of the right foot, pivot slightly left as you step forward onto left foot
On the ball of the left foot, pivot slightly right as you step forward onto right foot

7&8 Angle left as you step forward onto left foot, right foot step forward and next to left foot, left

foot step forward

ROCK-RECOVER, TRIPLE 1/2 RIGHT, 1/2 TURN RIGHT, SHUFFLE FORWARD

As you execute the following 1-2 steps, straighten body to face wall one

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1-2	Right foot step forward, rock-recover onto left foot

3&4 Triple-right, left, right, as you turn ½ turn to the right, weight ending on right foot

5-6 Left foot step forward, pivot on ball of left foot as you turn ½ turn to the right, stepping down

with weight onto right foot

7&8 Shuffle forward- left, right, left

ROCK-RECOVER, JAZZ BOX WITH 1/4 RIGHT TURN

1-2	Right foot step forward, rock-recover onto left foot
3-4	Right foot step back, rock-recover onto left foot

5-6 Right foot cross over left foot, left foot step back as you begin to turn ¼ right

7-8 Right foot step side right as you complete \(\frac{1}{2} \) right turn, left foot touch next to right foot

VINE LEFT, TOUCH RIGHT, FULL TURN RIGHT STEP LEFT

1-2 Left foot step side left, right foot step left crossing behind left foot

3-4 Left foot step side left, right foot touch next to left foot

5-8 Rolling vine traveling right as you step and turn full turn - right, left, right, step left with weight

Optional:

5-6 Right foot step ¼ right, pivot on ball of right foot as you turn ½ right, stepping back on left

7-8 Pivot on ball of left foot as you turn ¼ right, rock weight onto left foot

REPEAT