

Wabash 101

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Wabash Cannonball - The GrooveGrass Boyz



KICK, KICK STEP LOCK STEP, KICK KICK STEP LOCK STEP

1-2 Kick left forward (toward 1:00), kick left back (toward 7:00)
3&4 Step left forward, lock right behind left, step left forward
5-6 Kick right forward (toward 11:00), kick right back (toward 5:00)
7&8 Step right forward, lock left behind right, step right forward

BUMP, BUMP, BUMP AND UP WITH ¼ TURN LEFT, COASTER STEP, STEP ½ TURN

1-2 Bump hips left, bump hips right
3&4 Bump hips left, bend knees and pivot ¼ turn left, straighten up
5&6 Step back left, step back right, step forward left
7-8 Step right forward, pivot ½ turn left

SIDE & SIDE & KICK & KICK (REPEAT)

1&2& Touch right to right side, step right beside left, touch left to left side, step left beside right
3&4& Kick right front, step right beside left, kick left front, step left beside right
5&6&7&8& Repeat above steps

ROCK STEP, COASTER STEP, ROCK STEP, COASTER CROSS

1-2 Rock forward on right (at a right diagonal), step left in place
3&4 Step right back, step left back, step right forward (facing front)
5-6 Rock forward on left (at a left diagonal), step right in place
7&8 Step left back, step right back, step left across in front of right

WEAVE RIGHT, STEP SLIDE, BUMP, BUMP, BUMP & BUMP

1&2& Step right to right, cross left behind right, step right to right, cross left in front of right
3&4 Step right to right, cross left in behind, step right a long step to right
5-6 Slide left beside right at the same time bump hips right, bump hips left
7&8 Bump hips right, left, right

MAMBO LEFT, MAMBO RIGHT, CRAZY SWIVELS

1&2 Step left to left, step right in place, step left beside right
3&4 Step right to right, step left in place, step right beside left
5&6 Swivel both toes out, swivel both heels out, swivel both heels in
&7&8 Swivel both heels out, swivel both heels in, swivel both toes in, swivel both heels in

REPEAT

TAG

After 7th wall the music will stop. Take a deep breath and start again from the top.