

I Swear

拍数: 48 墙数: 4 级数: Intermediate
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音乐: I Swear - Marc Anthony



CROSS UNWIND FULL TURN, CHASSE, BACK ROCK TOUCH, ¼ TURN SHUFFLE

- 1-2 Cross right over left, unwind a full turn left (keeping weight on left)
- 3&4 Step right to right side, step left next to right, step right to right side
- 5&6 Rock left behind right, recover weight to right, touch left toe to left side
- 7&8 ¼ turn left stepping forward on left, together right, step forward on left

STEP PIVOT, TURN, TURN, FORWARD MAMBO, BACK MAMBO

- 1-2 Step forward on right, make a ½ turn left
- 3-4 Make a ½ turn left, stepping back on right, make a ½ turn left, stepping forward on left
- 5&6 Rock forward on to right, recover weight to left, step right next to left
- 7&8 Rock back on left, recover weight to right, step left next to right

SIDE TOUCH, ¼ TURN CHASSE, TOUCH, TURN, STEP PIVOT STEP

- 1-2 Step right to right side, touch left next to right
- 3&4 Step left to left side, step right next to left, ¼ turn left, stepping forward on left
- 5 Touch right toe forward
- 6 Make a ½ turn right, stepping forward on to right
- 7&8 Step left forward, make a ½ turn right, step left forward

WALK, WALK, STEP PIVOT STEP, FORWARD LEFT MAMBO, BACK MAMBO TOUCH

- 1-2 Walk forward right, walk forward left
- 3&4 Step right forward, make a ½ turn left, step right forward
- 5&6 Rock forward on to left, recover weight to right, step left next to right
- 7&8 Rock back on right, recover weight to left, touch right toe to right side

½ MODIFIED MONTEREY TURN, TOUCH, BEHIND SIDE CROSS, OUT, IN, SIDE, BACK ROCK SIDE

- 1-2 Make a ½ turn right, stepping right next to left. Touch left toe to left side
- 3&4 Step left behind right, step right to right side, step left across right
- 5&6 Touch right toe to right side, touch right toe next to left, step a large step to right side
- 7&8 Rock left behind right, recover weight to right, step a large step to left side

LOCK UNWIND ½ TURN, CHASSE RIGHT, CHASSE ¼ TURN LEFT, STEP PIVOT

- 1-2 Lock right behind left, unwind ½ turn right (keeping weight on left)
- 3&4 Step right to right side, step left next to right, step right to right side
- 5&6 Step left to left side, step right next to left, make a ¼ turn left, stepping forward on left
- 7-8 Step forward on right, make a ½ turn left (weight ends on left)

REPEAT