

Case Of The X

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Case of the Ex - Mýa



- 1& Right heel forward raising left heel, drop left heel
2& Right toe to right side raising left heel, drop left heel
3& Right toe behind raising left heel, drop left heel
4& Scuff right foot forward scooting forward on left
- 5& Right heel forward raising left heel, drop left heel
6& Right toe to right side raising left heel, drop left heel
7& Right toe behind raising left heel, drop left heel
8& Scuff right foot forward scooting forward on left
- 1-2 Step right forward diagonally right (left shoulder goes up), lock left behind right (right shoulder goes up)
3&4 Shuffle forward right, left, right diagonally (shoulders go up and down left, right, left)
5-6 Step left forward diagonally left (right shoulder goes up), lock right behind (left shoulder goes up)
7&8 Shuffle forward left, right, left diagonally (shoulders go up and down right, left, right)
- 1&2 Jump both feet out, jump right in front of left, ½ turn unwind left
3&4 Shuffle forward right, left, right
5&6 Shuffle forward left, right, left
7&8& Step right to right side - hips right, left, right, left
- 1-2 Turning a full turn right, step forward right, left
3&4 Rock right to right, replace weight on left, turning ½ right (hinge turn)
5-6 Turning a full turn left step forward left, right
7&8 Rock left to left, replace weight on right, turning ½ left (hinge turn)
- 1&2 Shuffle forward right, left, right
3&4 Shuffle forward left, right, left
5-6 Stomp right to right (right arm down with palm open), stomp left to left (left arm down with palm open)
7&8& Close palms, move both shoulders up and down leaning to the left
- 1&2 (Right sailor) step right behind left, step left to side, step right in place
3&4 (Left sailor) step left behind right, step right to side, step left in place
5&6 (Backwards lock) step back right, lock left in front of right, step back on right
7&8 (Backwards lock) step back left, lock right in front of left, step back on left
- 1&2 (Moving forward) 1 ½ turn right stepping right, left, right
3&4 Rock left to left side, replace weight on right, cross left over right
5&6 (Moving forward) 1 ¼ turn right stepping right, left, right
7&8 Rock left to left side, replace weight on right, cross left over right
- 1&2 Kick right forward, replace, touch left out to left
3&4 Kick left forward, replace, touch right out to right
5&6 (Moving to the right) full turn right stepping right, left, right

7&8

Rock left to left, replace weight on right, left hinge turn left $\frac{1}{2}$

REPEAT

RESTART

Start again after the 32 beats on the 2nd wall.
