

拍数: 64 墙数: 2 级数: Improver
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音乐: O.K. - Helena Paparizou : (CD: Euro Edition)



SIDE, ½ RIGHT
SAILOR TURN,
CROSS, SIDE
POINT,
FORWARD
POINT,
DIAGONAL
POINT,
TOGETHER
POINT,
DIAGONAL
POINT

1 : Step right to
right

2&3 : Step left
behind right,
execute ¼ turn
right and then
step right
forward,
execute another
¼ turn right and
then step left to
left

4 : Cross right
over left

5-6 : Point left
toe to left (3 O?
Clock), point left
toe forward (6
O? Clock)

7&8 : Point left
toe towards left
diagonal
(between 4 and
5 O? Clock),
point left toe
closely beside
right, point left
toe towards left
diagonal again
(between 4 and
5 O? Clock)

**TOGETHER
STEP, HIP
SWAYS, ½
LEFT SAILOR
TURN,
FORWARD
WALK**

9-12 : Step left
closely beside
right, step right
to right and
sway hip right,
sway hip left,
sway hip right

13&14 : Cross
left behind right,
execute ½ turn
left and then
step right to
right, step left to
left

15-16 : Walk
forward on right,
left

**HIP SWAYS, ½
RIGHT TURN,
HIP SWAYS, ½
LEFT TURN,
HIPS SWAYS,
½ RIGHT
TURN, ¼
RIGHT TURN,
CROSS**

17-18 : Step
right to right and
sway hip right,
sway hip left
& : Execute ½
turn right on ball
of left

19-20 : Step
right to right and
sway hip right,
sway hip left
& : Execute ½
turn left on ball
of left

21-22 : Step
right to right and
sway hip right,
sway hip left
& : Execute ½
turn right on ball
of left

23&24 : Step
right forward,
execute another
¼ turn right and
then step left to
left, cross right
over left

For better
styling, on
counts 17-18 &
21-22, raise
both arms up
and drop them
down to sides
only counts
19-20 and
23&24. Execute
these with your
coolest Latin
feel!

HIP SWAYS, CROSS, HIP SWAYS, CROSS, COASTER CROSS

25-27 : Step left
to left and sway
hip left, sway
hip right, cross
left over right

28-30 : Step
right to right and
sway hip right,
sway hip left,
cross right over
left

31&32 : Step
left back, step
right beside left,
cross left over
right

MAMBO CROSS, BALL- CROSS, HIP SWAYS, RECOVER, CROSS-BALL- CROSS, HIP SWAYS

33&34 : Rock
right to right,
recover weight
onto left, cross
right over left

&35 : Step left
beside right,
cross right over
left

36-37&: Step
left to left and
sway hip left,
sway hip right,
recover weight
onto left

38&39 : Cross
right over left,
step left beside
right, cross right
over left

40-41 : Step left
to left and sway
hip left, sway
hip right

**BACK STEP,
MODIFIED
LOCK STEPS,
BACK, SIDE, ½
LEFT TURN,
HIP SWAYS**

42 : Step left
back

43&44 : Lock
step right over
left, step left
back, lock step
right over left

45-46 : Step left
back, step right
to right
(shoulder width
apart)

Note : Counts

42-45 should be
danced with
body angling
towards left
diagonal.

Hence, you will
travel

backwards
towards right
rear diagonal.

Square off to
return to face 9

O? Clock on
count 46.

& : Execute ½
turn left on ball
of right

47-48 : Step left
to left and then
sway hip left,
sway hip right

**½ LEFT TURN,
¼ LEFT TURN,
SAILOR
CROSS, SIDE,
CROSS ROCK,
SIDE TOUCH**

& : Execute ½
turn left on ball
of right

49-50 : Step left
forward,
execute another
¼ turn left and
then step right
to right

51&52 : Step
left behind right,
step right to
right, cross left
over right

53-56 : Step
right to right,
cross rock left
over right,
recover weight
onto right, touch
left toe to left

**FORWARD
KICK-BALL-
CHANGE, SIDE
KICK-BALL
CHANGE,
STOMP,
FORWARD
OUT-OUT,
BACK IN-IN**

57&58 : Kick left
forward, step
left beside right,
step right in
place

&59& : Kick left
to left, step left
beside right,
step right in
place

60 : Stomp left
in place (beside
right)

61-62 : Step
right towards
right diagonal,
step left towards
left diagonal

63-64 : Step
right back, step
left beside right

For better
styling, roll your
hips and knees
as you step
forward out-out
and back-in-in
on counts
61-64.

REPEAT

RESTARTS

On the 1st and
3rd rotation,
dance till the
52nd count and
start dance
again (i.e. 2nd
and 4th rotation)
from count 1
both facing 6
O? Clock wall.

ENDING

At the end of
the 5th rotation,
you will be
facing 6? O
Clock wall with
weight on left.
Execute $\frac{1}{2}$ turn
left on ball of left
and the lunge
right to right.
Raise both arms
with your
coolest Latin
feel!
