

1 2 3 4

拍数: 32 墙数: 4 级数: Improver
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音乐: 1,2,3 (Remix) - Gloria Estefan



16 Count Intro

STEP R TO R, ROCK, RECOVER, TRIPLE L TURNING ¼ L, STEP, TURN ¼ R, TRIPLE L

1,2,3 Step R to R (1), Rock L forward (2), Recover onto R (3)
4&5 Step L to L (4), Step R next to L (&), Step L to L turning ¼ L (5)
6,7 Step R forward (6), Pivot ¼ R on ball of R, hitching L (7)
8&1 Step L to L (8), Step R next to L (&), Step L to L (1)

ROCK, RECOVER, POINT, UPPER BODY ¼ L, STEP, CROSS BEHIND, STEP, CROSS OVER

2,3,4 Rock R back (2), Recover onto L (3), Point R to R (4)
5,6 Turn upper body ¼ L, looking L (5), Step R to R (6) (Option: 5 Flick R to R)
7&8 Cross L behind R (7), Step R to R (&), Cross L over R (8)

KICK & POINT, TURNING UPPER BODY ¼ R (SLIGHTLY BENDING KNEES), REPEAT TO L

1&2 Kick R forward (1), Step R back (&), Point L forward (2)
3,4 (Weight on R) Slightly bending knees, turn upper body ¼ R (3), Recover, turn upper body ¼ L (4)
5&6 Kick L forward (5), Step L back (&), Point R forward (6)
7,8 (Weight on L) Slightly bending knees, turn upper body ¼ L (7), Recover, turn upper body ¼ R (8)

WALK, WALK, TRIPLE LEFT, TURN ¼ L, MAMBO WITH TOUCH

1,2 Step R forward (1), Step L forward (2) (Styling: Slightly turn body to R)
3&4 Cross R behind L (3), Step L to L (&), Cross R behind L (4)
5,6 Turn ¼ L, as drag toe outwards in circular motion (5), Take weight on L (6)
7&8 Rock R to R (7), Recover onto L (&), Touch R next to L (8)

Restart: Wall 5 (Dance first 16 counts, then restart) EASY!