

On Your Feet

拍数: 24 墙数: 2 级数: Improver
编舞者: Lorna Mursell (UK) - March 2012
音乐: Get On Your Feet - Gloria Estefan



Sec 1) Step, Hold, Step, Step Drag, Kickball Change.

- 1-2 Step Right, Hold, Step Left Beside Right.
- 3&4 Step Right, Drag Left Beside Right, Kick Left Forward, Touch Left Beside Right.
- 5-6 Step Left, Hold, Step Right Beside Left.
- 7&8 Step Left, Drag Right Beside Left, Kick Right Forward, Touch Right Beside Left.

Sec 2) Step 1/2 Turn, Cross, Side Rock, Recover, Behind Side Cross, Rock, Recover, Cross Behind.

- 1-2 Step Right Forward, Pivot 1/2 Left Crossing Right Over Left.
- 3&4 Rock Left To Left Side, Recover On Right, Cross Left Behind Right.
- 5&6 Step Right To Right Side, Crossing Left Over Right.
- 7&8 Rock Right To Right Side, Recover On Left, Cross Right Behind Left.

Sec 3) Left Sailor Step, Forward Shuffle Right, Rock, Recover, Coaster Step.

- 1-2 Cross Left Behind Right, Step Right To Right Side, Step Left In Place.
 - 3&4 Step Forward Right, Close Left Beside Right, Step Forward Right.
 - 5-6 Rock Forward On Right, Recover On Left.
 - 7&8 Step Back Left, Step Right Beside Left, Step Back Left.
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