

拍數: 64 編數: 4 級數: Phrased Easy Intermediate

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音樂: Gashina - SUNMI



Sequence: A, A, B, A, A, TAG, B, A, TAG, B Intro: 16 counts from first beat in music

A: 32 COUNT

A[1 - 8] RF WALK, LF WALK, FWD MAMBO STEP, COASTER, SIDE ROCK, CROSS

1-2 RF step forward walk, LF step forwad walk

3&4 RF step forward, LF step recover, RF step back,

5&6 LF step back, RF step back together, LF step forward (coaster step),

7&8 RF step R side, LF recover, RF cross over LF

A[9 - 16] L CHASSE , R 1/4 TURN CHASSE, LF CROSS ROCK, RECOVER, SIDE, RF CROSS ROCK, RECOVER, SIDE

1&2 LF step L side, RF step next to LF, LF step L side

3&4 1/4 turn to R stepping RF on side, LF step next to RF, RF step R side (3:00)

5&6 cross rock LF over RF, recover on RF, LF step L side
 7&8 cross rock RF over LF, recover on LF, RF step R side

A[17 - 24] LF WALK, RF WALK, LF STEP FWD, R 1/2 PIBOT TURN, LF STEP FWD, RF WALK, LF WALK, RF STEP FWD, L 1/2 PIVOT TURN, RF STEP FWD

1- 2 LF step forward walk, RF step forward walk

3&4 LF step forward , 1/2 pivot turn to R stepping RF forward , LF step forward (9:00)

5- 6 RF step forward walk, LF step forward walk

7&8 RF step forward ,1/2 pivot turn to L stepping LF forward. RF step forward (3:00)

A[25 - 32] RUMBA BOX, LF STOMP, RF STOMP, ROLL HIPS COUNTERCLOCKWISE

1&2 LF step L side, RF together LF, LF step Fwd
3&4 RF step R side, LF together RF, RF step Back
5-6 LF step L side (stomp), RF step R side (stomp)
7-8 roll hips counterclockwise ending with weight on LF

B: 32 COUNT

B[1 - 8] RF BACK TOUCH, LF BACK TOUCH, RF BACK, TOES UP LF, BODY ROLL, COASTER

1&2& RF diagonally R back, LF touch beside RF, LF diagonally L back, RF touch beside LF

3-4 RF step center back (facing 6:00), put LF toes up to forward

5- 6 body rolling

7&8 LF step back, RF back together, LF step forward (coaster step)

B[9 - 16] RF TOUCH×3, TOGETHER, LF TOUCH×3, TOGETHER, OUT, OUT, IN, IN

1&2& touch RF to R side, touch RF next to LF, touch RF to R side, RF step next to LF
3&4& touch LF to L side, touch LF next to RF, touch LF to L side, LF step next to RF
5-6 RF forward out to R side(to diagonal), LF forward out to L side(to diagonal)

7-8 RF back to centre, LF back together

B[17 - 24] RUN×3, TOGETHER, KNEE SLIGHTLY PUSH FWD & HAND MOTHION, BACK WALK×3, TOGETHER

1&2& RF step foward , LF step foward ,RF step foward walk, LF step next to RF (Like a running a

little)

3- 4 Knee together slightly push forward down- up ×2 (like brush - using the back of your right hand (from chin to ears), like brush - left hand)
 5- 8 RF step back , LF step back, RF step back, LF step together
 B[25 - 32] VOLTA FULL TURN, ROCK FWD & ROCK FWD
 1&2& 1/4 turn to R stepping RF forward, LF step on ball next to RF (9:00), 1/4 turn to R stepping

RF forward, LF step on ball next to RF (12:00)

3&4 1/4 turn to R stepping RF forward, LF step on ball next to RF (3:00), 1/4 turn to R stepping

RF forward(6:00)

5- 6 Rock forward on LF, recover on RF

&7-8 LF next to RF, Rock forward on RF, recover on LF

TAG: 4C (See Sequence)

1-2 stretch Right Hand forward (with a finger in the shape of a gun), Left Hand grips the Right

Hand

3-4 hold, lift your hands like a shot.

Have fun!

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