London



拍數: 32 牆數: 4 級數: Improver

編舞者: Gemma Pamias - September 2017

音樂: Last Train to London - Electric Light Orchestra



[1-8]: KICK BALL TOUCH (x2), SKATE (X4)

1	Kick right foot forward

& Right foot on ball close to left foot

2 Touch left foot to left side

3 Kick left foot forward

& Left foot on ball close to right foot

4 Touch righ foot to right side

5 Right foot skate to right diagonal

6 Left foot skate to left diagonal

Right foot skate to right diagonalLeft foot skate to left diagonal

[9-16]: KICK BALL STEP, SWIVEL, SLIDE BACK, CROSS

1 Kick right foot forward

& Right foot on ball close to left foot

2 Left foot step forward

3 Swivel both heels to left

& Swivel both heels to center

4 Swivel both heels to left

& Swivel both heels to center

5 Left foot big step back.

6-7 Right foot slide towards left foot

& Right foot behind left foot

8 Left foot cross over right foot

Arms Style during counts 5-8

Draw with both arms a big circle from top to down

[17-24]: THREE STEP 1 TURN, TOUCH, THREE STEP 1 1/4 TURN, TOUCH

1 ¼ turn to right, right foot forward 2 ½ turn to right, left foot backward

3 ¼ turn to right, rigt foot to right side

4 Touch left foot close to right foot, clap

5 ½ turn to left, left foot forward 6 ½ turn to left, right foot backward

7 ½ turn to left, left foot to right side (09:00)

8 Touch right foot close to left foot, clap

Arms Style during counts 1-3 and 5-7

Roll fists around each other in front of chest.

[25-32]: Step Right, Rock back, recover (x2), Full Paddle turn

Step right foot to right side

& Rock back left foot

2 Recover on right foot

3 Step left foot to left side

& Rock back right foot

4 Recover on left foot

5 ½ turn left on left foot, pointing right foot to the right (06:00)

5 ¼ turn left on left foot, pointing right foot to the right (03:00) 5 ¼ turn left on left foot, pointing right foot to the right (12:00) 5 ¼ turn left on left foot, pointing right foot to the right (09:00)

Start again.

Restart During 12 wall 28 first counts and start again

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