拍數： 112
㿔數： 1
級數：Phrased Improver


```
Starts after 48 counts.
Sequences: A, B, C, 8 counts free movement, A, B, C, 16 counts free movement, A (32 counts), A (32
counts), C (+ last 8 counts 2x)
Part A: }48\mathrm{ counts
[1-8] (Cross, Side, Kick Daig., Together) 2x
1-4 Step R across L (1), step L to side (2), kick R diag. fwd. (3), step R next to L (4) [12.00]
5-8 Step L across R (1), step R to side (2), kick L diag. fwd. (3), step L next to R (4) [12.00]
［9－16］Walk Fwd．，Kick L Fwd．，Walk Back，Touch
1－4 Walk R－L－R fwd．（1－3），kick L fwd．（4）［12．00］
\(5-8 \quad\) Walk L－R－L back（5－7），touch R next to L［12．00］
```


## ［17－24］Heel Switches

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1\＆2\＆Touch R heel fwd．（1），step R next to \(L\)（\＆），touch \(L\) heel fwd．（2），step \(L\) next to \(R(4)\)［12．00］
3－4 Touch \(R\) heel fwd．on count 3 and 4 ［12．00］
5\＆6\＆Touch L heel fwd．（1），step L next to R（\＆），touch R heel fwd．（2），step R next to L（4）［12．00］
7－8 Touch \(L\) heel fwd．on count 7 and 8 ［12．00］
［25－32］Jump Fwd．，Clap Hands，Wave Hands
1－2 Jump fwd．on both feet（1），clap hands（2）［12．00］
3－8 Wave hands L－R－L－R－L－R（3－8）［12．00］
［33－42］Jump Back，Clap Hands，Wave Hands
1－2 Jump back on both feet（1），clap hands（2）［12．00］
3－8 Wave hands L－R－L－R－L－R（3－8）［12．00］
［43－48］Jump Fwd．，Clap Hands，Wave Hands
1 － \(2 J\) Jump fwd．on both feet（1），clap hands（2）［12．00］
3－8 Wave hands L－R－L－R－L－R（3－8）［12．00］
Part B： 32 counts
［49－56］Jump Left
1－8 Jump to L side on each count［12．00］
［57－64］Jump Right
1－8 Jump to \(R\) side on each count［12．00］
［65－72］Jump Left
1－8 Jump to \(L\) side on each count［12．00］
［73－80］Jump Right
1－8 Jump to R side on each count［12．00］
Part C： 32 counts
［81－88］（Walk Fwd．，Point To Side（4x）Into \(1 / 2\) Turn L）
1－4 Walk R－L－R－L fwd．on counts［12．00］
\(5-8 \quad\)（Turn 1／8 L and point R toe to side） 4 x ［06．00］
```

[89-96] (Walk Fwd., Point To Side (4x) Into $1 / 2$ Turn L)
1-4 Walk R-L-R-L fwd. on counts [06.00]
5-8 (Turn 1/8 L and point R toe to side) 4 x [12.00]
[97-104] (Side, Together, Side, Touch) 2x
1-4 Step $R$ to side (1), step $L$ next to $R(2)$, step $R$ to side (3), touch $L$ next to $R(4)$ [12.00]
5-8 Step $L$ to side (5), step $R$ next to $L$ (6), step $L$ to side (7), touch $R$ next to $L$ (5) [12.00]
[105-112] (Walk Full Turn L)
1 - $8 \quad$ Make a full turn $L$ in 8 steps starting with R, one step on each count [12.00]
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