

Lonely Drum Drum Drum

拍數: 64 牆數: 2 級數: Improver
編舞者: Val Saari (CAN) - November 2017
音樂: Lonely Drum - Aaron Goodvin



S1: CROSS ROCK/SIDE SHUFFLE, LEFT & RIGHT/ PIVOT 1/4 LEFT

1,2,3&4 Cross RF over LF, Recover LF, Shuffle Right (right-left-right)
5,6,7&8 Cross LF over RF, Recover RF, Shuffle Left (left-right-left pivot 1/4 left)

S2: STEP-PIVOT 1/4 LEFT TWICE, KICKBALL CHANGE, STOMP, STOMP

1-2 Step RF forward, Pivot 1/4 turn left (weight on left)
3-4 Step RF forward, Pivot 1/4 turn left (weight on left)
5&6 Kick RF forward, Step RF together, Step LF together
7,8 Stomp RF, Stomp LF

S3: CROSS ROCK/SIDE SHUFFLE, LEFT & RIGHT WITH PIVOT 1/4 LEFT

1,2,3&4 Cross RF over LF, Recover LF, Shuffle Right (right-left-right)
5,6,7&8 Cross LF over RF, Recover RF, Shuffle Left (left-right-left pivot 1/4 left)

S4: STEP-PIVOT 1/4 LEFT TWICE, KICKBALL CHANGE, STOMP, STOMP

1-2 Step RF forward, Pivot 1/4 turn left (weight on left)
3-4 Step RF forward, Pivot 1/4 turn left (weight on left)
5&6 Kick RF forward, Step RF together, Step LF together
7,8 Stomp RF, Stomp LF

S5: RUMBA BOX

1,2,3&4 Step RF to right, Step LF together, Step RF back, Step LF together, Step RF beside Left
5,6,7&8 Step LF to Left, Step RF together, Step LF forward, Step RF together, Step LF beside Right

S6: CROSS ROCK/SIDE SHUFFLE, LEFT & RIGHT

1,2,3&4 Cross RF over LF, Recover LF, Shuffle Right (right-left-right)
5,6,7&8 Cross LF over RF, Recover RF, Shuffle Left (left-right-left)

S7: TOE/HEEL FORWARD X 4

1-4 Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel
5-8 Step RF forward on toe, Step down on heel/ Step LF forward, Step down on heel

S8: SHUFFLE BACK X 4

1&2, 3&4 Shuffle back (right-left-right), Shuffle back (Left-right-left)
5&6, 7&8 Shuffle back (right-left-right), Shuffle back (Left-right-left)

BEGIN AGAIN!

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