We R FAMILY!

拍數: 32

級數: Beginner

編舞者: Val Saari (CAN) - January 2019

音樂: We Are Family - Sister Sledge

VINE RIGHT, TOUCH, LINDY LEFT

- 1-2 Step RF to right side, Step LF behind R
- 3-4 Step RF to right side, Touch LF beside R
- 5&6 Shuffle left, LRL
- 7-8 Rock back on RF, Recover on LF

ROCKING CHAIR, STEP-TAP BEHIND X 2 (RL)

- Rock RF forward, Recover LF 1-2
- Rock RF back, Recover LF 3-4
- Step RF Forward, Tap LF toes behind RF 5-6
- 7-8 Step LF to left side, Tap RF toes behind LF

MODIFIED CROSS MAMBOS (R, L 1/4 PIVOT L)

- 1-2 RF Cross over L, LF Recover
- 3-4 Step RF toes right, Step heel down
- 5-6 LF Cross over R, RF Recover
- 7-8 Step LF toes 1/4 pivot L, Step heel down

R SIDE MAMBO (CHA CHA CHA), L SIDE MAMBO, KICK R

- RF Rock side right, LF recover 1-2
- 3&4 Step RF beside Left, Step LF in place, Step RF in place (cha, cha, cha)
- 5-6 LF Rock side left, RF recover
- 7-8 Step LF beside Right, Kick RF forward

REPEAT - No Tags, No Restarts

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牆數:4