

Drop

拍數: 32 牆數: 1 級數:
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音樂: Drop Everything - Carlton Anderson



Squat, Forward Shuffles, CCW Military Turn, CCW Pivot

- 1 - 2 Squat down bending both KNEES; Straighten knees and stand upright while shifting weight to LEFT foot
- 3 & 4 Shuffle forward (RIGHT, LEFT, RIGHT)
- 5 & 6 Shuffle forward (LEFT, RIGHT, LEFT)
- 7 - 8 Step forward on RIGHT foot; Pivot 1/2 turn CCW on balls of both feet and shift weight to ball of LEFT foot
- & Continue pivoting another 1/4 turn CCW on ball of LEFT foot and brush Right foot next to Left

Forward Shuffle, Side Step, Behind, Left Lunge, Touch, Knee Twist, CW Pivot

- 9 & 10 Shuffle forward (RIGHT, LEFT, RIGHT)
- 11 - 11 Step to the left on LEFT foot; Cross RIGHT foot behind Left and step
- 13 - 14 Take a long step to the left on LEFT foot; Drag RIGHT foot next to Left and touch
- 15 - 16 Twist RIGHT knee to the right; Twist RIGHT knee back to center
- & Pivot 1/4 turn CW on ball of LEFT foot

Forward Shuffle, CW Pivot, Side Step, Behind, Left Lunge, Touch, CW Modified Monterey Turn, Brush

- 17 & 18 Shuffle forward (RIGHT, LEFT, RIGHT)
- & Pivot 1/4 turn CW on ball of RIGHT foot
- 19 - 20 Step to the left on LEFT foot; Cross RIGHT foot behind Left and step
- 21 - 22 Take a long step to the left on LEFT foot; Drag RIGHT foot next to Left and touch
- 23 - 24 Touch RIGHT foot to the right; Pivot 1/4 turn CW on ball of Left foot and brush RIGHT foot back next to Left foot

Forward Shuffle, Rock Step, CCW Pivot, CCW Step Turn, CCW Pivot, Side Step, Together

- 25 & 26 Shuffle forward (RIGHT, LEFT, RIGHT)
- 27 - 28 Step forward slightly onto ball of LEFT foot; Rock back onto ball of RIGHT foot
- Note: During the next 4 counts you will be making a 1 1/4 CCW turn with these steps**
- 29 - 30 Pivot 1/2 turn CCW on ball of Right foot and step forward on LEFT foot: Step forward on RIGHT foot and pivot 1/4 turn CCW on ball of Right foot
- 31 - 32 Continue pivoting another 1/2 turn CCW on ball of Right foot and step to the left on LEFT foot; Bring RIGHT foot next to Left

-Begin Again-

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