

No Secrets!

拍數: 32 牆數: 4 級數: Easy Intermediate
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音樂: Secrets - Nathan Trent & J-MOX : (3:11)



Quick Intro! – Start right away on the first beat you hear

[1-8] ROCK, RECOVER, BACK/Drag, BALL, WALK, WALK, 1/4 TURN L, HITCH/C-BUMP

- 1-4 Rock R forward (1); Recover on L (2); Large step back with R allowing L toe or heel to drag (3-4)
&5-6 Step L beside R (&); Step R forward (5); Step L forward (6)
7&8 Turn 1/4 left hitching R knee bumping R hip up to right (7); Step R toe to right returning hips to center (&); Lower R heel shifting weight to R bumping R hip down into a sit position (8) (9:00)

[9-16] 1/4 TURN L, WALK, WALK, POINT L & R, SWIVEL R, 1/2 TURN L, SIDE/DRAG, TOGETHER

- 1-2 Turn 1/4 left stepping L forward (1); Step R forward (2) (6:00)
3&4 Point L to left (3); Step L beside R (&); Point R to right (4)
5-6 Rotating upper body slightly right, shift weight to R (5); Turn 1/4 left stepping L forward (6) (3:00)
7-8 Turn 1/4 left taking big step R to right (7); Step L beside R (8) (12:00)

[17-24] FORWARD PRESS/BODY ROLL, RECOVER, BACK PONY, BACK/KNEE POP X 2, SAILOR STEP

- 1-2 Press ball of R forward doing a body roll from upper body down (1); Recover on L (2)
3&4 Step R back (3); Step ball of L together pushing up ball of foot (&); Step R back (4)
5 Step L back popping R knee with ball of R on floor
6 Step R back popping L knee with ball of L on floor
7&8 Step L behind R (7); Step R to right (&); Step L to left allowing body to angle slightly left (8)

[25-32] BOTA FOGO X 2, JAZZ BOX WITH 1/4 TURN R

- 1&2 Cross R over L (1); Step ball of L to left; (&); Step R to right (2)
3&4 Cross L over R (3); Step ball of R to right; (&); Step L to left (4)

Note: Bota Fogos can be danced 1 a2, 3 a4.

- 5-8 Cross R over L (5); Step L back (6); Turn 1/4 right stepping R to right (7); Step L forward (8) (3:00)

BEGIN AGAIN! ENJOY!

Tag: After the 10th repetition of the dance, you will be facing 6:00. Repeat the last 4 counts of the dance (the jazz box 1/4 turn) to end facing 9:00 and then do the last repetition of the dance to finish facing 12:00 at the end of the song.