White Lace and PROMISES ..

級數: High Beginner

編舞者: Val Saari (CAN) - April 2023

音樂: We've Only Just Begun - Carpenters

Two EZ Tags & Restarts

拍數: 32

INTRO: 16 counts - Begin on the downbeat

CROSS MAMBO, TRIPLE STEP X 2 (RL)

- 1-2 RF Cross over L, LF Recover weight
- 3&4 Step RF together, Step LF in place, Step RF in place
- 5-6 LF Cross over R, RF Recover weight
- 7&8 Step LF together, Step RF in place, Step LF in place * (**)

RF ROCK/RECOVER, TURNING SHUFFLES (1/2 R, 1/2 R), RF ROCK BACK/RECOVER

- 1-2 Rock RF forward, recover LF
- 3&4 Shuffle back RLR turn 1/2 R
- 5&6 Shuffle back LRL turn 1/2 R
- 7-8 Rock RF back, LF recover (12:00)

RF SCISSORS, CROSSING SHUFFLES, LINDY LEFT PIVOT 1/4 R

- 1-2 Step RF right, Step LF beside R (optional drag)
- 3&4 Cross RF over L, Step LF left, Cross RF over L
- 5&6 Shuffle left, LRL
- 7-8 Rock back on RF pivot 1/4 R, Recover on LF (3:00)

MODIFIED RUMBA BOXES FWD (RL)

- 1-2 Step RF to right side, Slide LF beside RF
- 3&4 Shuffle forward RLR
- 5-6 Step LF to left side, Slide RF beside LF
- 7&8 Shuffle forward LRL

*EZ 4 Count TAG & RESTART: On Wall 4 after 8 Counts facing 9:00

TAG: 4 COUNTS

1-4 SWAY R,L,R,L & RESTART

(**) EZ 8 Count TAG & RESTART: On Wall 7 after 8 Counts facing 3:00

TAG: 8 COUNTS

- 1-4 SWAY R,L,R,L
- 5-8 RF OUT, LF OUT, RF IN, LF IN

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牆數:4