

No Plan

拍數: 32 牆數: 2 級數: Beginner/Improver
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音樂: Sometimes You Don't Need A Plan - The Washboard Union



Intro: 16 counts

SECTION 1 [1-8] RF Rock Step R, Cross, LF Rock Step L, Cross, 1/4L RF back, Hitch L Knee 1/4L LF to L, RF, Cross Shuffle

1&2 RF to right, Recover on LF, RF Cross in front of LF
3&4 LF to left, Recover on RF, LF cross in front of RF
5&6 1/4L RF back, Hitch Left knee 1/4L, LF to left
7&8 RF cross in front of LF, LF to left, RF cross in front of LF

SECTION 2 [9-16] LF diag forward, Touch R Toe beside LF, RF back, Kick LF, Behind Side Cross ½ Rumba Box Back, LF Coaster Step

1&2& LF diag. Left forward, Touch ball of RF close of LF, RF back, Kick LF forward
3&4 LF cross behind RF, RF to right, LF cross in front of RF
5&6 RF to right, LF beside RF, RF back
7&8 LF back, RF beside LF, LF forward

SECTION 3 [17-24] Heel & Heel & Touch & Heel, & Heel & Heel & Heel Ball Stomp

1&2 R Heel forward, RF beside LF, L Heel forward
&5&6 LF on place, Touch right toes close of LF, RF back, L Heel forward
&7&8 LF close of RF, R Heel forward, Ball RF beside LF, Stomp LF Forward

SECTION 4 [25-32] RF Step Turn 1/2L, Lock Step with 1/2L, LF Coaster Step, Walk Forward RL

1&2 RF forward, Pivot 1/2L, Transfer weight on LF forward
3&4 1/4L RF to right, 1/4L LF cross in front of RF, RF back
5&6 LF back, RF beside LF, LF forward
7-8 Walk forward R-L

FINAL on wall 7 Starting facing 12H 1 On SECTION 4

Replace counts 7-8 by a STEP TURN (RF forward ½ L) Finish facing 12H

HAVE FUN ! GUYLAINE