Smokey Places

拍數: 32

級數: Beginner - Rumba

編舞者: Lucy Aprilina Lo (INA) - November 2023

音樂: Smokey Places - Ronnie McDowell

SESSION 1: SWAY R L- SLOW CHASSE- HOLD

- 1-2-3-4 Sway hip to R- hold- Sway hip to L– hold
- 5-6-7-8 Step R to side- step L together- step R to side-Hold

SESSION 2: CROSS ROCK- RECOVER- SIDE-HOLD - WEAVE - SWEEP BACK

- 1-2-3-4 Cross rock L over R- recover on R- step L to side Hold
- 5-6-7-8 Cross R over L- Step L to side- cross R behind L Sweep L from front to back

SESSION 3: BEHIND- SIDE -CROSS- HOLD - SIDE- TURN 1/4L- FORWARD - HOLD

- 1-2-3-4 Step L behind R- step R to side- cross L over R Hold
- 5-6-7-8 Step R to side- Turn ¼ L , Step L forward- Step R forward- Hold

SESSION 4: ½ RUMBA BOX - ROCKING CHAIR

- 1-2-3-4 Step L to side- Step R next to L- step L forward Hold
- 5-6-7-8 Step R forward- Step L in place- Step R back Step L in place

Lets dance and be happy guys:

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牆數:4