

Pretty Moves

拍數: 32 牆數: 2 級數: High Improver
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音樂: Making Me Move - Arrived



S1. Walk X2, Out-out, Heel pop, Flick, Cross, step back with ¼ turn, Side chasse

1-2 RF walk forward, LF walk forward
&3 RF step to the R side, LF step to the L side (out-out)
&4& Pop R heel out R, return heel back again, quickly flick R heel up and out to R side
5-6 RF cross over LF, LF step back with ¼ turn to the R
7&8 RF step to the R side, LF step next to RF, RF step to the R side

S2. Cross heel, Touch, Sailor ¼ turn, Step forward, Hold, Step back with ½ turn, Hold

1-2 LF heel cross over RF, LF touch to the L side
3&4 LF cross behind RF, RF step to the R side with ¼ turn to the L, LF step slightly forward
5-6 RF step forward, hold
7-8 LF step back with ½ turn to the R, hold

S3. Hitch, Step back, Drag, Coaster step, Rise with hitch, Triple step forward (run, run, run)

&1-2 RF hitch, RF step back, LF drag next to RF
3&4 LF step back, RF step next to LF, LF step forward
5-6 Rise on R toes as you make a hitch L knee
7&8 LF step forward, RF step forward, LF step forward (run, run, run)

S4. Mambo fwd, shuffle back, back rock, recover, full turn

1&2 RF rock forward, recover on LF, RF step back
3&4 LF step back, RF step next to LF, LF step back
5-6 RF back rock, recover on LF
7-8 RF step back with ½ turn to the L, LF step forward with ½ turn to the L
