

No Rules

拍數: 64 牆數: 1 級數: Improver
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音樂: The Worrying Kind - The Ark



Start facing 6:00, main weight on left foot, left hand on waist, right arm pointing in the air and feel the music for 16 counts and make a 1/2 turn right on left foot

CHASSÉ, BACK ROCK STEP, SHUFFLE ½ TURN, SAILOR STEP

1&2 Right step to side, left step beside right, right step to side
3-4 Left rock back, recover onto right
5&6 Left ¼ turn to right, right step beside left, left ¼ to right
7&8 Right step behind left, left step to the side, right step in place

JAZZ BOX, KICK BALL STEP WALK LEFT, RIGHT

9-12 Left cross over right, right step back, left step to left side, right step forward
13&14 Left kick forward, left step beside right, right step forward
15-16 Walk left, right

KICK BALL STEP, CROSS, SIDE & ½ TURN LEFT, CHASSÉ, STEP TURN

17&18 Left kick forward, left step beside right, right step forward
19-20 Left cross over right, right step to side, ½ turn left
21&22 Left step to left, right step beside left, left step to side
23-24 Right step forward, ½ turn left (weight on left)

SHUFFLE ½ TURN LEFT, ROCK STEP, FUNNY WALKS

25&26 Right ¼ turn to left, left step beside right, right ¼ to left
27-28 Left rock back, recover on right
29-32 Walk forward left, right, left, right (with knees going out/in)

Have fun when you walk

SHUFFLE, STEP & CLAP, STEP & CLAP, SLAP, TOUCH

33&34 Left step forward, right step beside left, left step forward
35-36& Step right to side, clap, left step beside right
37-38 Step right to side, clap
39-40 Left hook behind right and slap with right hand, touch left to side

JAZZ BOX, STEP ½ TURN, STEP ¼ TURN

41-44 Left cross over right, right step back, left step to left side. Right step forward
45-46 Left step forward, ½ turn right (weight on right)
47-48 Step left forward, ¼ turn right (weight on right)

HOP, CLAP, HOP, CLAP TOE STRUT

&49-50 Jump forward left, right and clap
&51-52 Jump back left, right and clap
53-54 Left toe touch forward, step into left
55-56 Right toe touch forward, step into right

HEEL SWITCHES, ¼ STEP TURN, CROSS SHUFFLE, FULL TURN

57&58& Left heel forward, left step beside right, right heel forward, right step beside left
59-60 Left step forward, make a ¼ turn to right (weight on right)
61&62 Cross left over right, step right to side, cross left over right

63-64& Make a ¼ turn left step right back, ½ turn left step left to side & ¼ turn left on left foot

REPEAT

TAG

After 2nd wall (12 counts) and 4th wall (16 counts)

1-4 A long step to right and drag over 3 counts

5-8 Walk left, right, left, right and face 6:00 (half turn)

9-12(16) Strike a pose (same as intro). Main weight on left foot. Hold until music kicks in again and make a ½ turn right on left foot
