

Recovery

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Johnny Two-Step (UK)
音樂: Doctor, Doctor - The Dean Brothers



- 1&2 Kick right foot forward, replace weight to right & kick left foot forward
&3&4 Replace weight to left, & kick right foot forward twice
&5&6 Replace weight to right, & kick left foot forward, replace weight to left
&7&8 Kick right foot forward, replace weight to right & kick left foot forward twice
- &1&2 Replace weight to left, kick right foot forward, replace weight to right, kick left foot forward
&3&4 Replace weight to right, kick left foot forward, replace weight to left, kick right foot forward
&5-6 Replace weight to left foot, step right foot forward, ½ pivot turn over right shoulder on ball of foot
7-8 Step back on left foot, touch right foot next to left
- 1-4 Step right foot forward, ½ pivot turn over right shoulder on ball of foot, step back on left foot, touch right foot next to left
5-6 Step to the right on right foot, cross left behind right
7&8 Cha-cha in place right, left, right
- 1-2 Step to the left on left foot, cross right behind left
3&4 Cha-cha on the spot left, right, left
5-6 Step to the right doing ¼ turn on the right foot, pivot ¾ turn over right shoulder on ball of right foot
7&8 Shuffle back left, right, left
- 1&2 Shuffling back right, left, right
3&4 Shuffle back left, right, left
5-8 Rock back on right foot, rock forward onto left foot, step forward on right foot ¼ turn left, weight on to left foot

REPEAT
