

Gomanasai

拍數: 40 牆數: 2 級數: Improver
編舞者: Zanda Berezina
音樂: Gomanasai - Tatu



SHUFFLE TO RIGHT, ROCK, SHUFFLE TO LEFT, ROCK

- 1-2 Shuffle to right side
- 3-4 Rock back to left
- 5-6 Shuffle to left side
- 7-8 Rock back to right (weight on left)

KICK BALL CHANGE 2X ON RIGHT, PIVOT ½, SHUFFLE FORWARD TO RIGHT

- 1-2 Kick ball change on right forward(weight on left)
- 3-4 Kick ball change on right forward(weight on left)
- 5-6 Pivot ½ to left
- 7-8 Shuffle forward on right

CROSS ROCK LEFT OVER RIGHT, CROSS ROCK RIGHT OVER LEFT, LEFT DIAGONALLY, RIGHT DIAGONALLY

- 1-2 Cross rock over right(weight on left)
- 3-4 Cross rock over left(weight on right)
- 5-6 Left diagonally forward
- 7-8 Right diagonally forward

ROCK STEP, FULL TURN TO LEFT, ROCK STEP SHUFFLE BACK

- 1-2 Rock step on left
- 3-4 Make full turn to left
- 5-6 Rock step forward on right
- 7-8 Shuffle back on right

ROCK STEP LEFT, SHUFFLE, PIVOT ½ 2X, COASTER STEP

- 1-2 Rock step back on left
- 3-4 Shuffle forward on left
- 5-6 Pivot ½ on right
- 7-8 Pivot ½ on right (weight on left)

REPEAT
