Cadance



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音樂: Working on the Chain Gang - The Nylons



Sequence: (32)-64-16-64-64-16-64-64-(32).

Tag: End of wall 1 and 3 (start and end at same wall).

Intro 32 count / outro 32 count.

Start at 12.00

1–2:	RF cross over LF, LF recover weight
3–4:	RF step right, LF close next to
5–6:	RF step right, LF recover weight
7–8:	RF cross over LF, pause

at 12.00

9–10:	LF step left, RF close next to

11–12: LF step fwd, RF scuff

13–14: RF cross over LF, LF step bwd and ¼ right

15–16: RF step right, pause

at 03.00

17–18: LF cross over RF, RF step right

19–20: LF cross behind RF, RF step right and ¼ right 21–22: LF step fwd and ¼ right, RF cross behind LF

23–24: LF tap left, pause

at 09.00

25–26: LF cross over RF, RF tap right 27–28: RF cross behind RF, LF tap left

29–30: LF cross behind RF and ¼ left, RF recover weight

31–32: LF step left and ¼ left, RF scuff

at 03.00

33–34: RF toe fwd, heel down 35–36: LF toe fwd, heel down

37–38: RF step right, LF recover weight

39–40: RF cross over left, LF step left and ¼ left

at 12.00

41–42: RF step fwd, LF close next to 43–44: RF step right, LF close next to

45–46: RF step bwd, LF step bwd and ½ left 47–48: RF step fwd and ½ left, LF tap left

at 12.00

49–50: LF cross behind RF, RF step right

51–52: LF cross over RF, RF lift knee and ¼ left

53–54: RF step fwd, LF close behind

55–56: RF step fwd, LF lift knee and ¼ right

at 12.00

57–58: LF step left, RF recover weight and ¼ right

59–60: LF step fwd and ¼ right, RF recover weight and ¼ right

61–62: LF cross over RF, RF step bwd

63-64: LF step left, RF scuff

at 09.00

Tag:

1–2: RF cross over LF, LF step left
3–4: RF cross behind LF, LF tap left
5–6: LF cross over RF, RF step right
7–8: LF cross behind RF, RF tap right

9&10: RF cross over LF, LF close behind, RF cross over LF

11–12: LF step left, RF tap next to

13&14: RF step right, LF recover weight, RF cross over LF

15–16: LF step left, RF scuff