

Sitting And Cruising

Count: 32

Wand: 4

Ebene:

Choreograf/in: Jacqui Peel (UK)

Musik: Cruisin' - Dave Sheriff



VINE RIGHT, VINE LEFT

1-4 Side step right, step left behind right, side step right, scuff left
5-8 Side step left, step right behind left, side step left, scuff right

SHUFFLES FORWARD

9&10 Shuffle forward right-left-right
11&12 Shuffle forward left-right-left

TOE STRUTS IN PLACE

13-16 Touch right toe in place, lower right heel, touch left toe in place, lower left heel

HEEL SWIVELS

Swivel both heels in the same direction

17-20 Swivel heels left, right, forward, hold and clap
21-24 Swivel heels right, left, forward, hold and clap

KICK BALL-CHANGE, ¼ TURN LEFT

25&26 Kick right forward, step ball of right next to left, step ¼ turn to left on left
27&28 Kick right forward, step ball of right next to left, step left in place

HEEL SPLITS

29-32 Heels apart, together, apart, together

REPEAT
