

# Triple Mix

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Lorna Mursell (UK) - November 2014  
音乐: Country Medley - Nathan Carter : (The Live Show)



## Alternative Music:

From A Jack To A King - Johnny Hansen  
Take These Chains From My Heart - Lee Roy Parnell  
Singing The Blues - Kentucky Headhunters

**NO TAGS, NO RESTARTS**  
Start On The Word "KING"

### SEC 1) CHASSE, BACK ROCK, REC, SIDE TOUCH

1&2      Step right to right side, step left beside right, step right to right side  
3-4      Rock back on left, recover on to right  
5-6      Step left to left side, touch right beside left  
7-8      Step right to right side, touch left beside right

### SEC 2) CHASSE 1/4 TURN, BACK ROCK, REC, SIDE TOUCH

1&2      Step left to left side, step right beside left, turn 1/4 right stepping back on to left foot  
3-4      Rock back on right, recover on to left  
5-6      Step right to right side, touch left beside right  
7-8      Step left to left side, touch right beside left

### SEC 3) TOE STRUT, KICKBALL CHANGE, TOE STRUT KICKBALL CHANGE

1-2      Step right toe forward, drop right heel down  
3&4      Kick left foot forward, step left foot in place, step right foot beside left foot  
5-6      Step left toe forward, drop left heel down  
7&8      Kick right foot forward, step right foot in place, step left foot beside right foot

### SEC 4) CROSS POINT X 2, JAZZ BOX 1/4 TURN, CROSS

1-2      Cross right over left, point left toe to left side  
3-4      Cross left over right, point right toe to right side  
5-6      Cross right over left, step back on left  
7-8      Step 1/4 turn right, cross left over right

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