

Pigeon's Foot

拍数: 40 墙数: 4 级数: Easy Intermediate Polka
编舞者: Magali CHABRET (FR) - November 2015
音乐: Pigeon's Foot - The Lonesome Trio : (CD: The Lonesome Trio)



#16 counts intro

Section 1 – RIGHT TRIPLE FWD, LEFT TRIPLE FWD, OUT-OUT, HOLD, RIGHT SAILOR

1&2 Step right forward – step left beside right – step right forward
3&4 Step left forward – step right beside left – step left forward
&5-6 Step right diagonally right forward (out) – step left to left side (out) – hold
7&8 Step ball of right behind left – step left to side – step right to side

Section 2 – TOUCH, SCOOT, BACK, BACK ROCK, KICK BALL STEP, KICK BALL TOUCH

1&2 Touch left toe behind right – scoot back on ball of right – step back on left
3-4 Rock back on right – recover onto left
5&6 Kick right forward – step right next to left – step left forward
7&8 Kick right forward – step right next to left – touch left toe beside right

Section 3 – CHASSE L, ¼ RIGHT WITH CHASSE R, ¼ RIGHT WITH CHASSE L, ¼ RIGHT WITH CHASSE R

1&2 Step left to side – step right beside left – step left to side
3&4 1/4 turn right stepping right to side – step left beside right – step right to side
5&6 1/4 turn right stepping left to side – step right beside left – step left to side
7&8 1/4 turn right stepping right to side – step left beside right – step right to side (9:00)

Section 4 – HEEL GRIND, SIDE, BEHIND, SIDE, HEEL GRIND, SIDE, TOGETHER (appart position), SWIVET

1-2 Cross left heel over right – grind left heel stepping right to side
3& Step left behind right – step right to side
4-5 Cross left heel over right – grind left heel stepping right to side
6 Step left beside right (appart position)
7-8 Swivel right toe to right & left heel to left – drop to center (weight on right)

Option fun : &7&8 Swivet to right (&) – drop to center (7) - Swivet to left (&) – drop to center (8)

Section 5 – LEFT ROLLING VINE, HOLD, RIGHT JAZZ BOX SQUARE

1-2-3 1/4 turn left stepping left forward – 1/2 turn left stepping back on right – 1/4 turn left stepping left to side (9:00)
4 Hold ** Restart **
5-8 Cross right over left – step back on left – step right to side – step left forward

RESTART : during 3rd and 7th walls, dance 36 counts, then Restart from the beginning, face to 3:00

« Croquez la vie à pleines danses ! » □

Original stepsheet of the choreographer - galicountry76@yahoo.fr - www.galichabret.com