

2 Heads

拍数: 32 墙数: 4 级数: Beginner
编舞者: Tim Schalch - January 2016
音乐: 2 Heads - Coleman Hell



(No Tags Or Restarts)

[1-8] □ Rolling Grapevines R & L (ALT: VINE R, VINE L)

1,2 Step R to side making $\frac{1}{4}$ turn R, $\frac{1}{4}$ turn on the ball of R foot stepping L, to L side
3,4 Pivot $\frac{1}{2}$ turn on ball of L foot stepping R foot to R, CLAP
5,6 Step L to side making $\frac{1}{4}$ turn L, $\frac{1}{4}$ turn on the ball of L foot stepping R, to R side
7,8 Pivot $\frac{1}{2}$ turn on ball of R foot stepping L foot to L, CLAP

[9-16] □ Heel switches, $\frac{1}{4}$ Turn left and Walk

1&2& R heel FWD, together, L heel FWD, together
3&4& R heel FWD, together, L heel FWD, together (Gradual $\frac{1}{4}$ turn L)
5,6 Step R, Step L
7,8 Step R, L Hitch (knee up)

[17-24] □ Step Back L & R, L Sailor, R Sailor

1,2 Step back L, HOLD
3,4 Step back R, HOLD
5&6 Step L back, Step R next to L, Step L to L side
7&8 Step R back, Step L next to R, Step R to R side

[25-32] □ Walk FWD, RLR, HOLD, Paddle $\frac{1}{2}$ Turn L

1,2 Step R, Step L
3,4 Stomp R, HOLD
5,6 Step R, pivot turn L, Step R, pivot turn L (total of $\frac{1}{4}$ turn L) LASSO HANDS
7,8 Step R, pivot turn L, Step R, pivot turn L (total of $\frac{1}{4}$ turn L) LASSO HANDS

REPEAT

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