

Sippin on 7-7

拍数: 32 墙数: 4 级数:
编舞者: JR Landry (UK) - February 2017
音乐: Flatliner (feat. Dierks Bentley) - Cole Swindell



R-Heel, L-Heel, R-Heel Hitch R-Heel, L-Heel, R-Heel, L-Heel Hitch L-Heel

1,2 Right heel forward, left heel forward
3&4 Right heel forward, hitch right heel over left knee, right heel forward
5,6 Left heel forward, right heel forward
7&8 Left heel forward, hitch left heel over right knee, left heel forward

Right Rocking Chair, Syncopated Right Rocking Chair x2

1,2 Rock forward on right foot, recover back to left foot
3,4 Rock back on right foot, recover back to left foot
5&6&7&8& (Same steps as above) Rock forward right, recover left, rock forward right, recover left, rock forward right, recover left, rock forward right, recover left

Slide Forward R, Bounce x2, Slide Forward, Bounce x2

1,2 Slide forward with right foot (slight angle), step together with left
3,4 Bounce in place twice (lifting heels up twice)
5,6 Slide forward with left foot (slight angle), step together with right
7,8 Bounce in place twice (lifting heels up twice)

R-Jazz Box, Turn 1/4 Right, Stomp RL, Clap x2

1,2,3,4 Step right over left, step back with left, (turning 1/4 right) step forward right, step together left
5,6 Stomp right, stomp left
7,8 Clap, Clap

END
