

Bent & Bound

拍数: 36 墙数: 0 级数: Beginner - Line & Contra
编舞者: Irene Ottello (IT) - May 2017
音乐: Hell Bent and Heaven Bound - Buddy Jewell



S1- STEP, SCUFF, ¼ TURN LEFT STEP, SCUFF, JAZZ BOX

1-2 step right to side, scuff left beside right
3-4 ¼ turn left step left fwd, scuff right beside left
5-6 Step right cross over left, step right back
7-8 Step right to right side, step left beside right

S2- STEP LOCK STEP SCUFF RIGHT AND LEFT

1-2 Step right foot fwd, Lock left foot behind right
3-4 Step fwd right foot, Scuff left foot fwd
5-6 Step left foot forward, Lock right foot behind right
7-8 Step fwd left foot, Scuff right foot fwd

S3- WEAVE RIGHT TWICE

1-2 Step R To right Side, Cross L Behind right
3-4 Step R To right Side, Cross L Over right (weight on left)
5-6 Step R To right Side, Cross L Behind right
7-8 Step R To right Side, Cross L Over right (weight on left)

S4- HEEL SWITCHES ¼ TURN LEFT , JAZZ BOX RIGHT

1-2 heel right fwd, step right together
3-4 ¼ turn left heel left fwd, step left together (weight on left)
5-6 Step right cross over left, step right back
7-8 Step right to right side, step left in place

S5- SWIVEL R HEEL TOE, STOMP UP TWICE

1-2 Swivel R Foot To Left (Heel, toe)
3-4 stomp up right x2

RESTART: After 32 count of the 5th and 10th repetition, Restart the dance again

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