

Simple Siamsa

拍数: 32 墙数: 2 级数: Beginner
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音乐: Siamsa - Ronan Hardiman



Music Available on Download from iTunes & www.amazon.co.uk

Point Forward, Point Side, Sailor Step (Easy option triple step on spot) x2

1 – 2 Point R forward, Point R to side
3&4 Step R behind L, Step L to L side, Step R ro R side
5 – 6 Point L forward, Point L to L side
7&8 Step L behind R, Step R to R side, Step L to L side

Forward Rock Shuffle back, Shuffle Back Back Rock

1 – 2 Rock forward on R , Recover on L
3&4 Shuffle back R, Stepping R back, Close L to R, Step R back
5&6 Shuffle back L, Stepping L back, Close R to L, Step L back
7 – 8 Rock back on R, Recover on L

Stomp forward , Stomp forward, Heel Splits x2 , Step Pivot ½ Stomp Stomp

1 – 2 Stomp R forward, Step L forward
&3&4 Split heels, out, in, out, in
5,6 Step forward on R, Pivot ½ L
7,8 Stomp forward R, Stomp forward L

Heel Dig, Touch Toe Across, Heel, Heel , Together x2 (Hands on hips optional)

1 – 2 Tap R heel forward, Touch R toe across L (like a hook, but toe touching floor to the left of L foot)
3,4& Tap R heel forward, Tap R heel forward, Close R together next to L
5 – 6 Tap L heel forward, Touch L Toe across R foot
7,8& Tap L heel forward, Tap L heel forward, Close L together next to R

Start Again,

The music slows down and speeds up, just carry on and have fun as it gets faster