

AB-No Roots

拍数: 32 墙数: 2 级数: Absolute Beginner
编舞者: Agnethe Hansen (DK) - September 2018
音乐: No Roots - Alice Merton : (iTunes)



Intro: 24 counts

Side step right – Touch left – Side step left- Touch right – Vine right - Touch left

1 – 2 Step right foot to right side, touch left toe beside right foot
3 – 4 Step left foot to left side, touch right toe beside left foot
5 – 6 Step right foot to right side, cross left foot behind right foot
7 – 8 Step right foot to right side, touch left foot beside right foot

Side step left – Touch right – Side step right – Touch left – Vine ¼ turn left – Scuff right

1 – 2 Step left foot to left side, touch right toe beside left foot
3 – 4 Step right foot to right side, touch left toe beside right foot
5 – 6 Step left foot to left side, cross right foot behind left foot
7 – 8 Make at ¼ turn stepping forward on left foot and scuff right heel slightly forward

Step forward and touch x 2 - Step back and touch x 2

1 – 2 Step forward on right, slightly to right side and touch left toe beside right foot
3 – 4 Step forward on left, slightly to left side and touch right toe beside left foot
5 – 6 Step right foot back, slightly to right side and touch left toe beside right foot
7 – 8 Step left foot back, slightly to left side and touch right toe beside left foot

Vine right – Touch left – Vine ¼ turn left – Touch right

1 – 2 Step right foot to right side, cross left behind right foot
3 – 4 Step right foot to right side, touch left foot beside right foot
5 – 6 Step left foot to left side, cross right behind left foot
7 – 8 Make at ¼ turn stepping forward on left foot and touch right toe beside left

This dance is for Absolute Beginner.
