

American Patrol

拍数: 104 墙数: 4 级数: Intermediate
编舞者: Carl Sullivan (AUS) - October 2019
音乐: American Patrol - Glenn Miller : (Album: iTunes And Other Cds Of Glenn Miller)



Each Sequence ¼ Right

- 1&2 Kick R fwd, Ball change R-L
3-4 Bend knees and walk fwd R, L on balls of feet
5&6-7-8 Repeat above steps 1-4
- 1-2-3-4 Kick R fwd, Bend R leg at R knee, Kick R backwards, Step back on R
5-6-7-8 Step L back, Replace fwd on R, Step L fwd, Hold
- 1-2-3-4 Cross strut R foot over L, Strut back L toe-heel
5-6--7-8 R toe-heel Strut to R side, Step L fwd in front of R, Hold
- 1-2-3-4 Step R fwd on R diagonal, Swivel L fwd (Heel, toe, heel) towards R foot
5-6-7-8 Step L fwd on L diagonal, Swivel R fwd (Heel, toe, heel) towards L foot
- 1-2 Step R back on R diagonal, Touch L beside R
3-4 Step L back on L diagonal, Touch R beside L
5-6-7-8 Step R to R, Cross-step L over R, Step R to R, Touch L heel fwd on L diagonal
- 1-2 Step down on L, Touch R beside L
3-4 Step R fwd on R diagonal, Touch L beside R
5-6-7-8 Step L to L, Step R behind L, ¼ L Step L fwd, Hold
- 1-2-3-4 Lock-step fwd on R (R, L, R), Hold
5-6-7-8 Lock-step fwd on L (L, R, L), Hold
- 1-2-3-4 Step R fwd, Pivot ½ turn L onto L, Step R fwd, Hold
5-6-7-8 Step L fwd, Pivot ½ turn R onto R, Step L fwd, Hold
- 1&2-3&4 Charleston fwd & back with R, Charleston back with L & fwd
5&6-7&8 Repeat Charleston fwd & back, & back & fwd
- 1&2 Touch R toe to R side, Slightly lift R toe, Touch R to R side
3&4 Step R behind L, Step L to L, Cross-step R over L
5&6 Touch L toe to L side, Slightly lift L toe, Touch L to L side
7&8 L Sailor ¼ L
- 1-2-3-4 Step R to R, Hold, Rock L behind R, Replace on R
5-6-7-8 Step L to L, Hold, Rock R behind L, Replace on L
- 1-8 V stepRestart on 2nd Wall
- 1&2&3&4& Zig Zag fwd and back with Step Touches on diagonals
5&6& Vine R (R, L, R), Touch L beside R
7&8 Step L to L, Step R behind L, ¼ L Step L fwd

Restart: On Wall 2 after 96 counts (after V Step)

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