

EZ 8's

拍数: 32 墙数: 2 级数: Beginner
编舞者: Pat Newell (USA) - October 2019
音乐: Mr. Man In the Moon - Patty Loveless



Senior Starter Series

Learning: Walking forward and back, vines, $\frac{1}{4}$ pivots, scuffs, jazz box, figure 8
#32 in

WALK FORWARD AND BACK

1-4 Step forward R, L, R, touch L
5-8 step back L, R, L, touch R

VINE RIGHT, VINE LEFT SCUFF R

1-4 Step R to R, step L behind R, step R to R, touch L beside R
5-8 Step L to L, step R behind L, step L to L, scuff R

(2x) $\frac{1}{4}$ PIVOTS LEFT, JAZZ BOX 6:00

1-4 Step fwd on R, turn $\frac{1}{4}$ L (wt on L), step fwd on R, turn $\frac{1}{4}$ L (wt on L) 6:00
5-8 Step R over L, step back on L, step on R, step slightly fwd on L

FIGURE 8 (making a full turn returning to the 6:00 wall)

1-4 Step R to R, step L behind R, step $\frac{1}{4}$ R, step fwd on L 3:00
5-8 Pivot $\frac{1}{2}$ R, step on R (9:00) step on L turn $\frac{1}{4}$ R ,step R, step L (6:00)

START AGAIN

DANCE FOR THE HEALTH OF IT
