

Tommy

拍数: 40 墙数: 4 级数: Beginner
编舞者: Ángeles Mateu Simón (ES) - April 2020
音乐: Coward of the County - Kenny Rogers



Hoja traducida por Angeles Mateu

[1-8]: JAZZBOX ¼, SHUFFLE, JAZZBOX ¼, SHUFFLE.

- 01 – cross right foot in front of left foot
- 02 – step back with left foot
- 03 – Step to the right turning ¼ to the right.
- & - Equal left foot next to right.
- 04 – Step with your right foot to the right.
- 05 – cross with left foot in front of right.
- 06 – Step back with your right foot.
- 07 – Step to the left by turning ¼ to the left.
- & - Equal right foot next to left.
- 8 – Step left foot to the left.

[9-16]: SKATE x 2, SHUFFLE, SKATE X 2, SHUFFLE.

- 09 – Skate with right foot.
- 10 – Skate with left foot
- 11 – Step forward on the right foot.
- & - left foot behind the right foot.
- 12 – Step forward with right foot
- 13 – Skate with left foot
- 14 – Skate with right foot.
- 15 – Step forward with your left foot.
- & - Right foot behind the left.
- 16 – Step forward with your left foot.

[17-24] ROCK, RECOVER, SHUFFLE BACK, ROCK, RECOVER, CROSS SHUFFLE.

- 17 – Rock with your right foot forward.
- 18 – Recover weight on left foot
- 19 – Step back with your right foot.
- & - left foot in front of the right foot.
- 20 – Step back with your right foot.
- 21 – Rock with foot with left foot to the left.
- 22 – Recover the weight in the right foot.
- 23 – Cross with left foot in front of right foot.
- & - Step with your right foot to the right.
- 24 – Cross with left foot in front of right foot.

[25-32] ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK, RECOVER, BEHIND, SIDE, CROSS.

- 25 – Rock with right foot to the right.
- 26 – Recover the weight on the left foot.
- 27 – Right foot behind left.
- & - Step left foot to the left.
- 28 – Right foot in front of the left.
- 29 – Rock with left foot to the left.
- 30 – Recover the weight in the right foot.
- 31 – Left foot behind the right.

- & – Step with your right foot to the right.
- 32 – Left foot ahead of right foot.

[33-40] HEEL X2, COUSTER STEP, HEEL X2 COUSTER STEP ¼.

- 33 - Mark right heel forward.
- 34 - Mark right heel forward.
- 35 – Step back with your right foot.
- & - Equal left foot next to right.
- 36 – Step forward on the right foot.
- 37 – Mark left heel forward.
- 38 – Mark left heel forward.
- 39 – step back with left foot.
- & - Step forward with right foot turning ¼ to the right.
- 40 – Step forward with your left foot.

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