

Cold Beer

拍数: 32 墙数: 4 级数: Improver
编舞者: Jlynn Meyer (USA) & Angela Beers (USA) - May 2020
音乐: Can't Help Myself - Dean Brody & The Reklaws



Dance starts after 16 ct - 1 Restart

Walk Forward with Claps, Heel Switches Traveling Back

1 & 2 & 3 & 4 & Step R forward (1), clap (&), Step L forward (2), clap (&), Step R forward (3), clap (&), Step L forward (4), clap (&)
5 & 6 & 7 & 8 & Touch R heel forward (5) step back on R (&), Touch L heel forward (6) step back on L (&),
Touch R heel forward (7) step back on R (&), Touch L heel forward (8) step back on L (&)

Walk Forward R, L then Shuffle Forward R, L, R, 1/2 Pivot Turn then Shuffle Forward L, R, L

1, 2 Step R forward (1), Step L forward (2)
3 & 4 Shuffle forward right (3), left (&), right (4)
5, 6 Step forward on L foot (5) making a 1/2 turn over your right shoulder stepping onto R foot (6)
7 & 8 Shuffle forward left (7), right (&), left (8)

R Diagonal Step, L Diagonal Step, Rock/Touch R Forward, Rock/Touch R Back, Step R 1/2 Turn with L Kick

1, 2 Step forward at a R diagonal (1) and bring left to meet right (2)
2, 3 Step forward at a L diagonal (3) and bring right to meet left (4)
5, 6 Rock/Touch R foot forward (5), Rock/Touch R foot back (6)
7 & 8 Step forward R foot (7) make 1/2 turn on R foot over L shoulder (&) kick L foot forward (8)

L Coaster Step, Hip Bumps with 1/4 Turn, R Kick Ball Change

1 & 2 Step L back (1), Step R next to L (&), Step L forward (2)
3 & 4 Step R forward with hip bumps R (3), L (&), R (4)
5 & 6 Step L with a 1/4 turn over L shoulder with hip bumps L (5), R (&), L (6)
7 & 8 Kick R forward (7), Step R ball besides L (&), step L beside R (8)

Restart wall 4 facing 3oclock after first 8ct