

# F250

拍数: 64      墙数: 2      级数: Low Intermediate  
编舞者: Karin van der Merwe (SA) - October 2020  
音乐: F250 - Appel



Notes: Section 8 (counts 57-64) changes after wall 3 for the remainder of the dance {see below}

Tag 1: (8 counts after walls 1, 2 and 3)

Tag 2: (8 counts after wall 6)

## [1-8] Toe Heel Cross, Toe Heel Cross, Back Together

1,2,3            (1) Touch R toe in front of LF, (2) touch R Heel in front of LF, (3) cross and step RF over LF  
4,5,6            (4) Touch L toe in front of RF, (5) touch L Heel in front of RF, (6) cross and step LF over RF  
7,8              (7) Step back on RF, (8) close LF to RF [12:00]

## [9-16] Step Hold, ½ Turn, RF Jazz Box

1,2,3,4          (1) Step fwd on RF, (2) Hold, (3) Pivot ½ turn to Left, (4) Hold  
5,6,7,8,        (5) Cross RF over LF, (6) step back on LF, (7) step side on RF, (8) close LF to RF [6:00]

## [17-24] ' Kick, Behind, Side, Cross, Toe Strut, Toe Strut

1,2,3,4,        (1) Kick RF to R diagonal (4:30), (2) cross RF behind LF, (3) step LF to left side, (4) cross RF over LF  
5,6,7,8        (To L diagonal - 7:30) (5) Touch L Toe, (6) drop L heel to floor, (7) Touch R Toe, (8) drop R toe to floor [7:30]

## [25-32] Side Rock, Recover, Cross, Side, Behind, ¼ , Step ½ Pivot R

1,2,3,4          (1) Rock LF to left side, (2) recover on to RF, (3) cross LF over RF, (4) step RF to R side,  
5,6,7,8,        (5) cross LF behind RF, (6) turn ¼ turn R stepping fwd on to RF, (7) Step fwd on LF, (8) Pivot ½ turn R [.00]

## [33-40] Left Lock Step, Brush, RF Rocking Chair

1,2,3,4          (1) Step LF fwd, (2) lock RF behind LF, (3) step LF fwd, (4) brush RF fwd  
5,6,7,8,        (5) Rock fwd on RF, (6) recover back on LF, (7) rock back on RF, (8) recover fwd on LF [3:00]

## [41-48] Stomp, Heel, Toe, Heel, Jump Back touch, Jump Back Touch

1,2,3,4          (1) Stomp RF to R diagonal, (2) twist LF Heel, (3) Toe, (4) Heel in to RF  
&5,6            (&) Jump back to L diagonal on LF, (5) touch RF to LF, (6) Hold,  
&7,8            (&) Jump back to R diagonal on RF, (7) touch LF to RF, (8) Hold [3:00]

## [49-56] Side Rock, Behind, Side Rock, Behind, ¼ Turn, Touch

1,2,3            (1) Rock LF to left, (2) recover on to RF, (3) cross LF behind RF,  
4,5,6,            (4) Rock RF to right, (5) recover on to LF, (6) cross RF behind LF,  
7,8              (7) Turn ¼ turn left stepping LF fwd, (8) touch RF next to LF [12:00]

## [57-64] [Walls 1, 2, 3]

### ¼ Monterey R, Fwd Rock, ½ Turn R, Hold

1,2,3,4          (1) Point RF to right side, (2) turn ¼ turn right stepping RF next to LF (3) Point LF to left side,  
(4) Step LF next to RF  
5,6,7,8,        (5) Rock fwd on to RF, (6) recover back on LF, (7) turn ½ R, (8) hold [3:00]

## [57-64] [Walls 4, 5, 6, 7]

### ¼ Monterey R x 2

1,2,3,4          (1) Point RF to right side, (2) turn ¼ turn right stepping RF next to LF, (3) Point LF to left side,  
(4) step LF next to RF,

5,6,7,8, Repeat 1 - 4 [6:00]

**Tag 1 [END OF WALLS 1 (6:00), 2 (12:00), 3 (6:00)]**

**¼ Monterey L, Side Step, RF Heel Drag**

1,2,3,4 (1) Point LF to left side, (2) turn ¼ turn left stepping LF next to RF, (3) Point RF to right R side, (4) step RF next to LF

5,6,7,8 (5) Step big step left on LF, (6,7,8,) drag R Heel in to LF over 3 counts [6:00]

**Tag 2: [END OF WALL 6 facing 12:00] Full Tush Roll Anticlockwise**

(1) Step RF out to R side, Hold your hands as if on either side of the "steering wheel" of the F250 truck and roll your tush around anticlockwise, slowly over 8 counts (spice this up by trying two quicker tush rolls as a variation and feel free to play around with alternative variations to the "hands on the steering wheel" position. Start Again.....

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