

French Toast

拍数: 64 墙数: 2 级数: Phrased High Intermediate
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音乐: French Toast - FLOYD WONDER



Intro: 16 counts

Phrased : A B Tag A Tag B A B(16 counts) Restart B

Tag : 1-4 : Do the first 4 counts of part A

5-8 Jazz Box : Cross RF over LF (5), Step LF back (6), Step RF to R (7), Step LF next to RF (8)

Part A

[1 - 8] Cross Samba x2, Heel Swivels, Out Out, Jump

1&2 Cross RF over LF (1), Step LF to L (&), Step RF to R (2) 12:00

3&4 Cross LF over RF (3), Step RF to R (&), Step LF to L (4) 12:00

5&6& Swivel R heel in (5), Swivel R heel back to center (&), Swivel L heel in (6), Swivel L heel back to center (&) 12:00

7&8 Step RF forward into R diagonal (7), Step LF forward into L diagonal (&), Jump with both feet back in center (8) 12:00

[9 - 16] Rock Step, Out Out, Traveling Pigeon Toes, Step ¼ turn, Ball Step, Drag

1-2 Step RF forward (1), Recover on LF (2) 12:00

&3&4 Step RF to R (&), Step LF to L (3), Swivel both feet toes and knees in (&), Swivel both feet toes and knees out (4) 12:00

5-6& Step RF forward (5), Make ¼ turn L stepping on LF (6), Step on ball of RF next to LF (&) 9:00

7-8 Big Step LF to L (7), Drag RF next to LF keeping weight on LF (8) 9:00

[17 - 24] Roger Rabbit, Out Out, Head Turns, Sailor Step, Cross Point, Unwind ¾ turn

&1&2 Scoot back on LF and kick RF straight back (&), Hook RF behind LF putting weight on RF releasing LF (1), Scoot back on RF and kick LF straight back (&), Hook LF behind RF putting weight on LF releasing RF (2) 9:00

&3&4 Step RF to R (&), Step LF to L (3), Turn your head to the L (&), Turn your head back to center (4) 9:00

5&6 Cross RF behind LF (5), Step LF to L (&), Step RF to R (6) 9:00

7-8 Cross L toes behind RF (7), Unwind ¾ turn L putting weight on LF (8) 12:00

[25 - 32] Mambo, Coaster Step, Hitch, Point, ½ turn, Step, ½ turn Step

1&2& Step RF forward (1), Recover on LF (&), Step RF back (2), Step LF next to RF (&) 12:00

3-4 Step RF forward (3), Drag LF forward to finish with a L hitch (4) 12:00

5-6 Point L toes back (5), Make ½ turn L stepping on LF (6) 6:00

7-8 Step RF forward (7), Make ½ turn L stepping LF next to RF (8) 12:00

Part B

[1 - 8] Step Touch x2, Side Shuffle, Step Touch x2, Side Shuffle

&1&2& Raise L arm to L handpalm open (&), Step RF to R and make a fist to bring back L arm next to your chest (1), Touch LF next to RF and raise R arm to R handpalm open (&), Step LF to L and make a fist to bring back R arm next to your chest (2), Touch RF next to LF and raise L arm to L handpalm open (&) 12:00

3&4& Step RF to R and make a fist to bring back L arm next to your chest (3), Step LF next to RF and raise L arm to L (&), Step RF to R and bring back L arm next to your chest (4), Touch LF next to RF and raise R arm to R handpalm open (&) 12:00

- 5&6& Step LF to L and make a fist to bring back R arm next to your chest (5), Touch RF next to LF and raise L arm to L handpalm open (&), Step RF to R and make a fist to bring back L arm next to your chest (6), Touch LF next to RF and raise R arm to R handpalm open (&) 12:00
- 7&8& Step LF to L and make a fist to bring back R arm next to your chest (7), Step RF next to LF and raise R arm to R (&), Step LF to L and bring back R arm next to your chest (8), Flick RF back as you tap your R heel with your R hand (&) 12:00

[9 - 16] Rock Step, Step & Heel, Ball Cross, Bounces x3 with ½ turn, Out Out

- 1-2 Step RF forward (1), Recover on LF (2) 12:00
- &3&4 Step RF to R (&), Put L heel into L diagonal (3), Step on ball of LF next to RF (&), Cross LF over RF (4) 12:00
- &5&6 Lift your heels and bend your knees (&), Drop down heels as you start your half turn L (5), Lift your heels and bend your knees (&), Drop down heels as continue your half turn L (6) 7:30
- &7-8& Lift your heels and bend your knees (&), Drop down heels as finish your half turn L (7), Step RF to R (8), Step LF to L (&) 6:00

[17 - 24] Heel Grind, Behind,Side, Cross Samba with ¼ turn, Camel Walk x3, Step ¼ turn

- 1&2& Cross R heel over LF (1), Step LF to L as you twist on your R heel (&), Cross RF behind LF (2), Step LF to L (&) 6:00
- 3&4 Cross RF over LF (3), Make ¼ turn R stepping LF back (&), Step RF forward (4) 3:00
- 5-6 Step LF forward as you point R toes next to LF and bend R knee (5), Step RF forward as you point L toes next to RF and bend L knee (6) 3:00
- 7-8& Step LF forward as you point R toes next to LF and bend R knee (7), Step RF forward (8), Make ¼ turn L stepping on LF 6:00

[25 - 32] Walk x2, Mambo ½ turn Step, Paddle Turns, Ball Step, Step & Flick

- 1-2 Step RF forward (1), Step LF forward (2) 6:00
- 3&4 Step RF forward (3), Recover on LF (&), Make ½ turn R stepping forward on RF (4) 12:00
- 5-6 Make ¼ turn R on RF as you point L toes to L (5), Make ¼ turn R on RF as you point L toes to L (6) 6:00
- &7-8 Step on ball of LF next to RF (&), Step RF to R (7), Step LF next to RF as you flick RF back in R diagonal (8) 6:00
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