

Zig Zag

拍数: 48 墙数: 2 级数: Beginner
编舞者: Raimon Alzamora (ES) - April 2023
音乐: The Twist - Hank Ballard & The Midnighters



RIGHT SWIVELS with hold, LEFT SWIVELS with hold

1-2 Heels to right, points to right
3-4 Heels to right, points to right
5-6 Heels to right, points to right
7-8 Heels to right, hold
1-2 Heels to left, points to left
3-4 Heels to left, points to left
5-6 Heels to left, points to left
7-8 Heels to left, hold

FULL TURN: STEPTOGETHER x 4, RIGHTSWIVEL STOMP LEFTSWIVEL STOMP

1-2 Step fwd Rf with quarter turn to left, together Lf (stomp)
3-4 Step to left Lf with quarter turn to left, together Rf (scuff stomp)
5-6 Step fwd Rf with quarter turn to left, together Lf (stomp)
7-8 Step to left Lf with quarter turn to left, together Rf (stomp)
1-2 HeelR to right, pointR to right
3-4 HeelR to right, stomp together Lf
5-6 HeelL to left, pointL to left
7-8 HeelL to left, stomp together Rf

MONTERREY, TWIST with HOLDS, STEPTOGETHER x 4 (the K)

1-2 To mark point Rf to right, 1/2 turn behind in place together Rf
3-4 To mark point Lf to left, together Lf
5-6 Heels to right, hold
7-8 Heels to left, hold
1-2 Step diagonal fwd right Rf, together Lf
3-4 Step to center Lf, together Rf
5-6 Step diagonal back right Rf, together Lf
7-8 Step to center Lf, together Rf
