

Beat Up Carhartt

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Emory Ambrosio (USA) - January 2024
音乐: Beat Up Carhartt - David Morris



Heel swivel, Recover, Step, Kick-ball-change - Lock-step, Triple-step

1-2 Step right heel to the right $\frac{1}{4}$ turn heel swivel over the left shoulder, recover on left foot
&3&4 step right foot back, kick left foot, step left foot back, step right foot forward
5-6 Step left foot forward, lock step right foot behind
7&8 Triple step forward on left foot

Kick & points, Stomps & Kick turn

1&2 Kick right foot forward & point left toe out
3&4 Kick left foot forward & point right toe out
5-6 Stomp right foot twice
7-8 Stomp left foot, kick left foot out with $\frac{1}{4}$ turn left

Step-ball-change, Triple-step, Rock, Recover, Triple-step half-turn

1&2 Step left foot back, ball change right foot back left foot forward
3&4 Triple step forward on the right foot
5-6 rock forward on the left foot, recover on the right foot
7&8 triple step left foot with a $\frac{1}{2}$ over left shoulder

Quarter turn, grapevine right, Grapevine left with brush turn

1-2 Step Right Foot to Right Side with $\frac{1}{4}$ turn right, Step Left Foot behind Right Foot
3-4 Step Right Foot to Right Side. Touch Left Foot next to Right Foot
5-6 Step Left to Left Side, Step Right Foot behind Left Foot
7-8 Step Left Foot $\frac{1}{4}$ turn left, Brush your Right Foot Forward $\frac{1}{4}$ turn left

NOTE: the brush quarter turn connects to the heel swivel quarter turn to start the dance over. In total, you will do $\frac{3}{4}$ turn between the grapevine and the heel swivel.

Last Update: 16 Jan 2024