

Rabbit's Foot

拍数: 60 墙数: 2 级数: Phrased Intermediate
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音乐: Movin' On Up (feat. Brandon Rogers) - SMO



Seq: A,B,B,A,B,B,A,B,B,A16 Restart,A,Tag,B,B $\frac{1}{2}$ Ending

Intro: 16 seconds

Part A - 32 counts

[1-8] TOE TOUCH SWIVEL, HEEL TOUCH SWIVEL, KICK BALL CROSS, SIDE ROCK/RECOVER, BEHIND SIDE CROSS

1 2 R side toe touch with L heel swivel, R side heel touch with L toe swivel
3&4 R diagonal kick, R ball touch besides L L cross over R
5 6 R side rock, recover back onto L
7&8 R cross behind L, L side step, R cross over L

[9-16] $\frac{1}{4}$ TURN BALL STEP, $\frac{1}{4}$ TURN WALK AROUND SHUFFLE STEP, $\frac{1}{4}$ TURN STEP, $\frac{1}{4}$ TURN STEP, L SHUFFLE FORWARD

&1 2 $\frac{1}{4}$ turn counter clockwise L ball touch besides R, R steps forward, $\frac{1}{4}$ turn walk-around with L stepping forward
3&4 R step forward, L step besides R, R steps forward
5 6 $\frac{1}{4}$ turn clockwise with L stepping back, $\frac{1}{4}$ turn clockwise with R stepping forward
7&8 L steps forward, R steps besides L, L steps forward

*4th A Sequence - 16 Count Restart

[17-24] CHARLSTON STEP FORWARD, CHARLESTON STEP BACK, SCUFF STOMP, HEEL SWIVEL X2 $\frac{1}{2}$ TURN

1 2 Sweep R forward with ball touch forward, sweep R back into neutral weight shifting onto R
3 4 Sweep L back with ball touch back, sweep L forward into neutral weight shifting onto L
5&6 R scuff forward, R hitch up, R stomp forward
7&8 $\frac{1}{2}$ turn counter clockwise heel swivel x2 (weight shift ends on R)

[25-32] L COASTER STEP, $\frac{1}{4}$ TURN FLICK WITH SLAP, BRUSH $\frac{1}{4}$ TURN HEEL GRIND STEP, $\frac{1}{4}$ TURN FLICK WITH SLAP, BRUSH $\frac{1}{4}$ TURN HEEL GRIND STEP, $\frac{1}{2}$ TURN PADDLE

1&2 L steps back, R steps besides L, L steps forward
&3&4 L $\frac{1}{4}$ turn counter clockwise with R side flick and slap, R brush, $\frac{1}{4}$ turn clockwise heel grind with R, weight shift onto R
&5&6 R $\frac{1}{4}$ turn clockwise with L side flick and slap, L brush, $\frac{1}{4}$ turn counter clockwise heel grind with L, weight shift onto L
7&8& ($\frac{1}{2}$ turn sequence) R side rock, recover back on L, R side rock, recover back on L

Part B - 24 Counts

[1-8] R SIDE STOMP, HOLD, BALL SIDE ROCK/RECOVER, SAILOR STEP, CROSS BEHIND TOE TOUCH $\frac{3}{4}$ UNWIND

1 2 R side stomp, hold
&3 4 L ball step besides R, R side step rock, recover back on L
5&6 R step cross behind L, L steps besides R, R steps forward diagonally
7 8 L cross behind R with toe touch, $\frac{3}{4}$ turn unwind weight shifting from R to L

(At the end, perform $\frac{1}{2}$ turn unwind instead of $\frac{3}{4}$ turn unwind to finish facing front wall)

[9-16] HOP STEP, HOP BACK WITH R HITCH UP, PONY STEP BACK X2, $\frac{1}{4}$ TURN STEP, $\frac{1}{2}$ TURN STEP

1 2 Hop forward onto R, hop back onto L with R hitch up
3&4 R steps back with L knee pop, L steps besides R, R steps back with L knee pop
5&6 L steps back with R knee pop, R steps besides L, L steps back with R knee pop
7 8 ¼ turn clockwise with R side step, ½ turn clockwise with L step while twisting torso towards right

[17-24] CROSS POINT WITH FINGER SNAP, ¼ TURN STEP, ¼ TURN SHUFFLE STEP, SAILOR STEP, BEHIND SIDE CROSS

1 2 R toe touch crossing behind L a right hand cross torso with finger snap, ¼ turn clockwise with R stepping forward
3&4 ¼ turn clockwise with L side step R steps besides L, L side step
5&6 R step crossing behind L, L steps besides R, R steps forward diagonally
7&8 L cross step behind R, R side step, L cross step over R

AFTER THE A SEQUENCE RESTART, AFTER FULL A SEQUENCE, 4 COUNT TAG - FULL TURN PADDLE

1&2&3&4& (Full turn sequence) R side rock, recover back on L, R side rock, recover back on L, R side rock, recover back on L, R side rock, recover back on L

Last Update: 18 Mar 2024
