

Back To My Boots

拍数: 32 墙数: 4 级数: Improver
编舞者: Caroline Lindmark Öst (SWE) - April 2024
音乐: Back To My Roots - Jay Smith : (iTunes)



Intro: 16 counts

SIDE, BEHIND, SCISSOR STEP, HINGE ½ RIGHT, CROSS SHUFFLE

1-2 Step right foot to right side, Cross left foot behind R.
3&4 Step R to R, Step L beside R, Cross R in front of L.
5-6 Turn ¼ R on R and stepping L back, Turn 1/4 to R on L stepping R to R side.
7&8 Cross L over R, Step R a small step to R, Cross L over R.

(restart wall 4 here)

SIDE-TOUCH x2, ¼ TURN R, SIDE-TOUCH, COASTER STEP

1-2 Step R to R side, Touch L beside R .
3-4 Turn ¼ to L and step L to L, touch R beside L .
5-6 Step R to R side, Touch L beside R .
7&8 Step L back, Step R together, Step L forward.

(restart wall 2 here)

STEP R-L FWD, R MAMBO STEP, L LOCK STEP BACK, BACK, TOUCH

1-2 Walk forward R-L.
3&4 Rock R forward, Recover onto L, Step R beside L.
5&6 Step L back, Lock R over L, Step L back.
7-8 Step R back. Touch L beside R

STEP L FWD, ½ TURN L STEPPING R BACK, STEP L BACK, TOUCH R, SIDE SWITCHES R-L, APPLE JACKS w/ ¼ TURN, SCUFF

1-2 Step forward with L, turn 1/2 L stepping R back.
3-4 Step L back, Touch R beside L
5& Point R to R side, step R quickly beside L
6& Point L to L side, step L quickly beside R
7&8& Apple jack R, Return to center, Apple jack L with 1/4 turn left, Scuff R forward.

(TAG after wall 7: repeat counts 5-8)

RESTARTS:

Wall 2 after 16 counts.

Wall 4 after 8 counts.

TAG:

At the end of wall 7: Repeat counts 5-8 of the last section of the dance.

Dance ends after wall 9, strike a pose :).

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Last Update: 27 Apr 2024