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音乐: Alimony - Miranda Lambert



INTRO: 16 counts, 8 secs. Approx.

[1-8] CHASSE R/L, ROCK BACK, RECOVER, KICK ACROSS, KICK.

01 -Step with right foot to the right. & – Step with left foot next to right. 02 -Step with right foot to the right. 03 -Step with left foot to the left. & – Step with right foot next to left. 04 -Step with left foot to the left. 05 -Rock back with right foot. 06 -Recover weight on left foot.

07 – Kick with right foot crossed in front of left foot.
08 – Kick forward with right foot diagonally to the right.

[9-16] KICK ACROSSx2, ROCK BACK, SHUFFLE FWD, STOMP, HOLD.

01 – Kick with right foot crossed in front of left foot.

02 – Kick with right foot crossed in front of left foot.

03 – Rock back with right foot.
04 – Weight back on left foot.
05 – Step forward with right foot.
& - Step with left foot next to right.
06 – Step forward with right foot.
07 – Stomp forward with left foot.

08 – Hold.

[17-24] POINT SWITCHES, STEP, ROCKING CHAIR.

01 – Right toe to the right.

& - Step with right foot next to left.

02 – Left toe forward.

& – Step with left foot next to right.

03 – Right toe to the right.

& - Step with right foot next to left

04 – Left step forward.

05 – Rock forward with right foot.
06 – Regain weight on left foot.
07 – Rock back with right foot.
08 . Regain weight on left foot.

[25-32] ROCK FWD, TRIPLE STEP ½, CHASSE TURNING ¼, ROCK BACK.

01 – Rock forward with right foot.
02 – Regain weight on left foot.

03 – Turn ¼ turn to the right and step with right foot to the right.

& - Step with left foot next to right.

704 - Turn ¼ turn to the right and step with right foot forward.
705 - Turn ¼ turn to the right and step with left foot to the left.

& - Step with right foot next to left.O6 - Step with left foot to the left.

07 – Rock back with right foot. - 80 Regain weight on left foot.

START OVER

TAG 1: After finishing wall 4, perform the following steps [1-12] HEEL TAPS, ELVIS KNEES

Step with right foot to the right. 01 –

& -Lift right heel. 02 – Lower right heel. & -Lift right heel. 03 -Lower right heel. & -Lift right heel. 04 -Lower right heel. & -Lift left heel. 05 -Lower left heel. & -Lift left heel.

06 -Lower left heel.

& -Lift left heel. Lower left heel. 07 -& -Lift left heel.

- 80 Lower left heel.

09 – While keeping weight on left foot, bring right knee in.

10 – While keeping the weight on the right foot, bring the left knee in. 11 – While keeping the weight on the left foot, bring the right knee in.

12 – Hold.

TAG 2: After finishing wall 11, perform the following steps [1-4] HEEL TAPS

Lower the right heel.

01 – Step with right foot to the right.

& -Lift the right heel. 02 – Lower the right heel. & -Lift the right heel. 03 – Lower the right heel. & -Lift the right heel. 04 –