

Rodeo-jol

拍数: 32 墙数: 4 级数: Improver - Polka
编舞者: Esther Orsatti (CH) - December 2024
音乐: Rodeo - Enzo Scacchia



Intro: after 32 Counts

[1-8] Shuffle R and L diagonally forward / Slide R forward / ½ Sailor-T L

- 1&2 Step R foot diagonally forward right, place L foot behind R heel, step R foot diagonally forward right.
- 3&4 Step L foot diagonally forward left, place R foot behind L heel, step L foot diagonally forward left.
- 5-6 Big step R forward and slowly drag L foot to it.
- 7&8 Cross L foot behind R foot and turn ½ turn left, step R foot next to L foot, step L foot forward.

[9-16] Shuffle R and L diagonally forward / Slide R forward / ¼ Turn L and Triple-Step

- 1&2 Step R foot diagonally forward right, place L foot behind R heel, step R foot diagonally forward right.
- 3&4 Step L foot diagonally forward left, place R foot behind L heel, step L foot diagonally forward left.
- 5-6 Big step R forward and slowly drag L foot to it.
- 7&8 On the R foot, turn ¼ left and stamp L foot next to R foot, stamp R foot next to L foot, stamp L foot next to R foot.

[17-24] Heel R Toe L, Heel R Toe L / Twist-T ½ L / Cross-Shuffle L

- 1&2 Place R heel forward right, step R foot next to L foot, place L toe next to R foot.
- &3 Step L foot next to R foot, place R heel forward right.
- &4& Step R foot next to L foot, place L toe next to R foot, step L foot next to R foot.
- 5-6 Cross R foot over L foot with knees touching, turn ½ left on both toes, weight now on R foot.
- 7&8 Cross L foot over R foot, place R foot behind L foot, cross L foot in front of R foot.

[25-32] Heel R Toe L Heel R Toe L / Twist-T ½ L / Behind-Side-Cross

- 1&2 Place R heel forward right, step R foot next to L foot, place L toe next to R foot.
- &3 Step L foot next to R foot, place R heel forward right.
- &4& Step R foot next to L foot, place L toe next to R foot, step L foot next to R foot.
- 5-6 Cross R foot over L foot with knees touching, turn ½ left on both toes, weight now on R foot.
- 7&8 Cross L foot behind R foot, step R foot to the right, cross L foot in front of R foot.

Enjoy! Esti's Dance School Lenzerheide