Keep'n Busy

拍数: 64

级数: Intermediate

编舞者: Peter Fry (AUS)

音乐: To Keep from Missing You - Amanda Stott

SHUFFLE LEFT, ROCK BACK, REPLACE, ¼, ½, FORWARD, FORWARD

- 1&2-3-4 Step left to left side, step right beside left, step left to left side, rock right behind left, replace onto left
- 5-6-7-8 ¹/₄ left step back on right, ¹/₂ left on ball of right foot, step left forward, step right forward & starting a ¹/₂ turn left

1/2 LEFT STEP FORWARD, HOLD, PUSH BACK 1/2, 1/2, 1/2, PUSH BACK 1/2, 1/4, SIDE

- 1-2-3 Finish ½ turn left step forward left, hold, push off left into a rolling 1 ½ turn right
- 4-5-6-7-8 Back over your right shoulder stepping right ½, left½, right½, push off right into a ½ turn, right step right forward, ¼ turn right step left to left side

BEHIND, SIDE, CROSS, KICK, & BEHIND ¼ STEP, STEP, KICK, KICK

- 1-2-3-4&5 Step right behind left, step left to side, cross right over left, kick left to left diagonal, step left behind right, 1/4 turn right stepping right forward
- 6-7-8 Step left forward, kick right forward, kick right forward

BALL, TOUCH, KICK, BALL ROCK, REPLACE, SHUFFLE LOCK, BALL STEP, STEP

- &1-2&3-4 Step back right, touch left toe back, kick left forward, step left beside right, rock right back, rock forward onto left
- 5&6&7-8 Step forward right, lock left behind right, step right forward, step left beside right, step right forward, step left forward

KICK, KICK, BALL TOUCH, TOUCH, CROSS, KICK, CROSS, UNWIND, HEELS RIGHT

- 1-2&3 Kick right across left, kick right across left, step right to side, touch left toe across in front of right
- 4-5-6-7-8 Touch left toe to left side, cross left over right, kick right to right side, cross right over left, unwind ¹/₂ turn left & end up with both heels twisted to the right

TWIST LEFT, RIGHT, LEFT, RIGHT KICK, ROCK, REPLACE, SIDE, BEHIND

- 1-6 Twist both heels left, right, left, right kicking left to left diagonal, rock left behind right, replace onto right
- 7-8 Step left to left side, right behind left

ROCK ¼, ROCK BACK, BACK, FORWARD, STEP FULL TURN, STEP, STEP

- 1-2-3-4 Rock ¹/₄ turn left stepping forward on left, rock back onto right, rock back onto left, rock forward onto right
- 5-6-7-8 Step forward left, make a full turn right on ball of left, step forward right, step forward left

PUSH BACK DRAG LEFT, STEP BACK DRAG RIGHT, RIGHT COASTER STEP, WALK, WALK

- 1-2-3-4-5& Step back right, drag left towards right, step back left, drag right towards left, step back right, step left beside right
- 6-7-8 Step forward right, step forward left, step forward right

REPEAT

TAG

At the end of the first 3 walls just add a rocking chair

1-2 Rock forward left, rock back onto right





墙数:2