Legend's Tornado

拍数: 64   **墙数:** 0   **级数:**

编舞者: Veronica Stokes

音乐: Yippy Ti Yi Yo - Ronnie McDowell

TRIPLES & BOWS

1-4	Triple on right to right side, cross left behind right and bow
5-8	Triple on left to left side, cross right behind left and bow

FORWARD, KICK, SKIP BACK

9-12	Going forward, step right, (&)left together, right, (&)left together, step right, high kick left
13-16	Skip backwards-step back left (&) hitch right, step back right (&) hitch left, step back left (&) hitch right. Step back right (take weight)

POINT, CROSS, UNWIND, STEP, SLIDE

17-20	Point left toe to left, cross left over right, unwind ¾ to right, lunge forward on left taking weight
21-24	Changing weight to right, slowly slide left toe to outside of right foot and touch toe

QUICK HEELS & TOES, ROLL VINE

25-28	With left foot, touch heel forward, (&) toe to outside of right foot, heel forward, (&) to to inside of right foot, heel forward, (&) to to outside of right, heel forward
29-32	Roll vine to left, ending with right heel forward

SYNCOPATED HEEL JACKS, FORWARD, HOLD, TWIST

&33&34	Syncopated heel jacks-step back on right & cross left over right step side on right, touch left heel forward
&35&36	Left syncopated heel jacks-step back on left, & step right over left step side on left, (&) touch right heel forward
&37&38	Quickly (&) step back on right & step forward on left, step forward on right
39&40	Hold 1 count, then on balls of feet, swivel ½ turn to left, and return with ½ turn to right

STEP, BEHIND, HIPS, BACK, UNWIND, FORWARD, UNWIND

41-44	Step right to right, cross left behind, bump hips quickly right-left-right
45-48	Legs still crossed, hop back, unwind ½ to left, jump forward crossing right over left, unwind ½ to left

BASIC RIGHT & LEFT

49-52	Sidestep right, together left, sidestep right, touch left
53-56	Sidestep left, together right, sidestep left, touch right

FACING TRIPLES, KNEE ROLLS

57-60	Turning body to face direction, triple on right to right, left to left
61-64	Roll right knee right, left knee left, right knee right, then roll right & left at same time

REPEAT