

Line Dance Stretch

拍数: 96 墙数: 0 级数:
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音乐: No One Else On Earth - Wynonna



- 1-2 Slide right foot forward (toe pointed forward right knee bent & facing forward left leg straight), hold
3-4 Straighten right leg bending left knee forward, bend right knee forward straightening left leg
5-8 Repeat last 4 beats
- 1 Slide right foot forward full stretch (right knee bent, left leg straight, both heels on floor)
2-4 Hold for 3 beats
5-8 Lift/pull right toe up straightening right leg, hold 3 beats
- 1-4 Fan right toe to left turning $\frac{1}{4}$ left, twist heels in, toes in, heels in (feet are together)
5-6 Slide left foot forward (toe pointed forward, left knee bent & facing forward right leg straight), hold
7-8 Straighten left leg bending right knee forward, bend left knee forward straightening right leg
- 1-2 Slide left foot forward (toe pointed forward, left knee bent & facing forward right leg straight), hold
3-4 Straighten left leg bending right knee forward, bend left knee forward straightening right leg
5 Slide left foot forward full stretch (left knee bent, right leg straight, both heels on floor)
6-8 Hold for 3 beats
- 1-4 Lift/pull left toe up straightening left leg, hold 3 beats
5-8 Fan left toe to right turning $\frac{1}{4}$ right, twist heels in, toes in, heels in (feet are together)
1-4 Swing/step right toe across behind left, lift right hip up & to right, hold, hold dropping right heel
5-8 Swing/step left toe across behind, right lift left hip up & to left, hold, hold dropping left heel
- 1-2 Step right foot to right side with foot pointing 45 degrees right & knee bent (over toes), hold
3-4 Step left foot to left side with foot pointing 45 degrees left & knee bent (over toes), hold
5-8 Twist upper body to left (looking over left shoulder) swinging left arm behind waist, right arm across in front of waist, hold, hold
- 1-4 Twist upper body to right (looking over right shoulder) swinging right arm behind waist, left arm across in front of waist, hold, hold
5-8 Straighten left leg keeping right leg bent, straighten right leg, slide right foot next to left (2 beats)
- 1-2 Tap right toe to right bending left knee, clasp right toe with right hand pulling right foot up behind body (both knees together & facing front)
3-6 Straighten left leg (as much as comfortable), hold, hold, step right next to left
7-8 Roll knees to the right full circle
- 1-2 Tap left toe to left bending right knee, clasp left toe with left hand pulling left foot up behind body (both knees together & facing front)
3-6 Straighten right leg (as much as comfortable), hold, hold, step left next to right
7-8 Roll knees to the left full circle
- 1-2 Roll right shoulder full circle front to back (2 beats)

3-4 Roll left shoulder full circle front to back (2 beats)
5-8 Circle hips 2 full circles to the left

1-2 Roll left shoulder full circle front to back (2 beats)
3-4 Roll right shoulder full circle front to back (2 beats)
5-7&8 Shrug shoulders up, push shoulders down, shake shoulders & arms 3 times

REPEAT
