

Lone Wolf

拍数: 66 墙数: 2 级数:
编舞者: Jodi Page (AUS)
音乐: Rhythm of the Country Band - Wolverines



- 1-4 Step right heel 45 degrees forward, (feet apart) step left heel beside right step right foot back (to starting position), step left beside right
- 5&6 Turning ½ turn right step right-left-right
- 7-10 Step left heel 45 degrees forward, (feet apart) step right heel beside left step left foot back (to starting position), step right beside left
- 11&12 Turning ½ turn left step left-right-left
- 13-18 (Traveling forward at 45 degrees right) step 45 degrees forward on right, step left across right, hitch right knee 45 degrees, step 45 degrees forward on right, step left across right, hitch right knee 45 degrees
- 19-20 Step right across left, tap left toe behind right
- 21-24 (Traveling 45 degrees back left) turning 540 degrees left step left-right-left, step right foot forward
- 25 (Bending knees) drop and touch the floor
- 26-28 Turning ½ turn left, unwind to standing position
- 29-30 Tap right heel 45 degrees forward left, touch right toe to right side
- 31&32 (Traveling slightly back) tap right heel 45 degrees forward left, step right toe to right side step left in place
- 33&34 (Traveling slightly back) tap right heel 45 degrees forward left, step right toe to right side step left in place
- 35-38 Shuffle to your right right-left-right, kick left to side, cross left over right & unwind ½ turn right
- 39-42 Shuffle to your right right-left-right, kick left to side, cross left over right & unwind ½ turn right
- 43&44&
45-46 Step forward on right, rock back on left, step back on right, rock forward on left
Step forward on right, pivot ½ turn left
- 47-48 Tap right heel 45 degrees forward left, touch right toe to right side
- 49&50 (Traveling slightly back) tap right heel 45 degrees forward left, step right toe to right side, step left in place
- 51&52 (Traveling slightly back) tap right heel 45 degrees forward left, step right toe to right side, step left in place
- 53-56 Run forward (right-left) hitching right knee scoot forward n left, step forward on right pushing hips forward
- 57-58 Push hips back, push hips forward
- &59-60 Step forward on left, step forward on right (keep weight over right) clap
- &61-62 Step forward on left, step forward on right (keep weight over right) clap
- 63&64 Shuffle back left-right-left
- 65-66 Step back on right turning ½ turn right (keeping weight on right) spin ½ turn right, step left beside right

REPEAT