

Lonestarlet

拍数: 0 墙数: 4 级数: Intermediate
编舞者: John Elliott (USA)
音乐: Up-tempo Swing rhythm



PART A

RIGHT & LEFT HEEL TAP SEQUENCE

- 1 (Right foot) tap heel forward (12:00)
- 2 (Right foot) tap heel forward toward 1:30
- & Turn ¼ toward right to face 3:00
- 3 (Right foot) tap heel forward toward 3:00
- 4 (Right foot) step together next to left foot

- 5 (Left foot) tap heel forward (3:00)
- 6 (Left foot) tap heel forward toward 1:30
- & Turn ¼ toward left to face 12:00
- 7 (Left foot) tap heel forward toward 12:00 again
- 8 (Left foot) step together next to right foot

SYNCOPATED RIGHT HEEL JACK, HALF TURN RIGHT

- Uh* (Right foot) step backward on ball of foot (push backward from left foot)
- 1 (Left foot) touch heel forward
 - 2 (hold) snap fingers of right hand out to right side

Uh (Left foot) step down (Replace)

 - 3 (Right foot) step together next to left foot
 - 4 (hold) snap fingers of left hand out to left side

Uh (Left foot) cross-step behind right heel

 - 5 (Right foot) cross-step further over left foot
 - 6 (Right foot)/left foot beginner turning (unwinding) full turn to left on balls of feet
 - 7 (Right foot)/left foot finish turning (unwinding) full turn to left on balls of feet-you are now facing 6:00
 - 8 (Right foot) shift weight to right foot and clap

LEFT & RIGHT HEEL TAP SEQUENCE

- 1 (Left foot) tap heel forward (6:00)
- 2 (Left foot) tap heel forward toward 4:30
- & Turn ¼ toward left to face 3:00
- 3 (Left foot) tap heel forward toward 3:00
- 4 (Left foot) step together next to right foot

- 5 (Right foot) tap heel forward (3:00)
- 6 (Right foot) tap heel forward toward 4:30
- & Turn ¼ toward right to face 6:00
- 7 (Right foot) tap heel forward toward 6:00 again
- 8 (Right foot) step together next to left foot

SYNCOPATED LEFT HEEL JACK, HALF TURN LEFT, HIP SWAY

- Uh (Left foot) step backward on ball of foot (push backward from right foot)
- 1 (Right foot) touch heel forward
 - 2 Hold snap fingers of left hand out to left side

Uh (Right foot) step down (Replace)

- 3 (Left foot) step together next to right foot
- 4 Hold snap fingers of right hand out to right side
- Uh (Right foot) cross-step behind left heel
- 5 (Left foot) cross-step further over right foot
- 6 (Left foot)/right foot turn (unwind) full turn to left on balls of feet you are now facing 12:00 again, your original front wall
- 7 (Right foot) circle hips backward, to right, then forward weight ends on right foot
- & Hands clap
- 8 Hands clap

PART B

ROCK & LOCK STEPS

Make the steps in this sequence small and precise, especially the lock steps, so that you can do them at the faster tempos.

- 1 (Left foot) rock step forward
- 2 (Right foot) rock step backward (Replace)
- 3 (Left foot) rock step backward
- 4 (Right foot) cross step forward over left foot
- & (Left foot) lock step forward behind right foot
- 5 (Right foot) step forward
- 6 (Left foot) rock step forward
- 7 (Right foot) rock step backward (Replace)
- 8 (Left foot) cross step backward behind right foot
- & (Right foot) lock step backward over left foot

BACK, SIDE, FORWARD, HITCH; STEP, HITCH, SLIDE

- 1 (Left foot) step backward
- 2 (Right foot) step to right side
- 3 (Left foot) step forward
- 4 (Right foot) hitch left knee and scoot forward on right foot
- 5 (Right foot) step forward
- 6 (Left foot) hitch left knee and scoot forward on right foot
- 7 (Left foot) step to left side
- 8 (Right foot) slide right foot next to left foot
- & (Right foot) lift foot next to left ankle and turn to towards the right in preparation for next step

HEEL STRUT TURNING THREE-QUARTERS TO RIGHT

This is a tight little turn taking 8 beats of music.

- 1 (Right foot) heel step diagonal forward (toes up) toward 3:00
- 2 (Right foot) drop toes down (foot flat)
- 3 (Left foot) heel step diagonal over right foot (toes up) toward 4:30
- 4 (Left foot) drop toes down (foot flat)
- 5 (Right foot) heel step diagonal (toes up) toward 7:30
- 6 (Right foot) drop toes down (foot flat)
- 7 (Left foot) heel step diagonal over right foot (toes up) toward 9:00
- 8 (Left foot) drop toes down (foot flat)-now facing 9:00

SHUFFLE FORWARD, POINT & HOLD, TURN, CLAP, SHIFT

- 1 (Right foot) step forward
- & (Left foot) small step forward (instep next to right heel)
- 2 (Right foot) small step forward
- 3 (Left foot) step forward

- & (Right foot) small step forward (instep next to left heel)
- 4 (Left foot) small step forward

- 5 (Right foot) step forward, all weight over this foot
- 6 (Right foot) turn sharply full turn to left, weight change to right foot--now facing 3:00, your new front wall
- Uh (Left foot) step together next to right foot, clap hands
- 7 (Right foot) touch toe backward
- & Hold clap hands
- 8 Hold clap hands

REPEAT
