

Long Overdue

拍数: 40 墙数: 0 级数:
编舞者: Ian Andrew
音乐: Goodbye Yesterday's Heartache - Smokie



RIGHT HEEL/TOE TAPS & HOOK

- 1-2 Right heel tap forward twice
- 3-4 Right toe tap back twice
- 5-6 Right heel tap forward, hook in front of left leg
- 7-8 Right heel tap forward and back in place

LEFT HEEL/TOE TAPS & HOOK

- 1-2 Left heel tap forward twice
- 3-4 Left toe tap back twice
- 5-6 Left heel tap forward, hook in front of right leg
- 7-8 Right heel tap forward and back in place

ROCK & ½ PIVOT RIGHT, ROCK & ½ PIVOT LEFT

- 1-2 Rock forward on right foot, rock back on left foot
- 3-4 Pivot ½ turn right with triple right, left, right
- 5-6 Rock forward on left foot, rock back on right foot
- 7-8 Pivot ½ turn left with triple left, right, left

STEP, SCUFF X 4

- 1-2 Step right foot, scuff left
- 3-4 Step left foot, scuff right
- 5-6 Step right foot, scuff left
- 7-8 Step left foot, scuff right

SHUFFLE X 4 - RIGHT, LEFT, RIGHT, LEFT

- 1&2 Shuffle - right, left, right
- 3&4 Shuffle - left, right, left
- 5&6 Shuffle - right, left, right
- 7&8 Shuffle - left, right, left

REPEAT
