Longneck Express



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Knox Rhine (USA)

音乐: My Girlfriend Might - Smokin' Armadillos



SHUFFLE 1, SHUFFLE 2:

1 Step forward with left to	IOOI
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& Together with right foot next to left foot

Step forward with left footStep forward with right foot

& Step together with left foot next to right foot

4 Step forward with right foot

3 STOOGES SCOOTS:

&	Bend left knee with toe back just above floor
5	Scoot back on right foot, tap left toe on floor
&	Bend left knee with toe back just above floor
6	Scoot back on right foot, tap left toe on floor
&	Bend left knee with toe back just above floor
7	Scoot back on right foot, tap left toe on floor
&	Bend left knee with toe back just above floor
8	Scoot back on right foot, tap left toe on floor

HEEL & TOE, HEEL & TOE:

&	Place left foot next to right foot
9	Touch right heel forward
&	Place right foot next to left foot
10	Touch left toe back
&	Place left foot next to right foot

Touch right heel forward

Place right foot next to left foot

12 Touch left toe back

SIDE, BEHIND & SIDE & HEEL & HEEL:

13	Step to left side with left foot
14	Step across behind left leg with right foot
&	Step to left side with left foot
15	Touch right heel forward
&	Place right foot next to left foot
16	Step forward with left foot

SQUAT, 1/2 TURN, OUT-OUT, IN-FRONT:

17	Bend both knees and begin ½ turn to right
18	Complete turn and straighten knees
&	Step to left side with left foot
19	Step to right side with right foot
&	Step to center with left foot
20	Step across in front of left leg with right foot

1/2 TURN, SET, OUT-OUT, CLAP:

21 Pivot ½ turn to left on balls of both feet

22 Set heels down/hold

& Step forward-left with left footStep forward-right with right foot

24 Clap hands at chest level

BACK-TURN, CLAP, KICK, KICK:

& Step back with left foot

25 Pivot ¼ turn left on ball of left foot, stepping to right side with right foot

Clap hands at chest level
Kick left foot forward
Kick left foot forward

LEFT SAILOR STEP, RIGHT SAILOR STEP:

29 Step across behind right leg with left foot

& Step to right side with right footStep to left side with left foot

31 Step across behind left leg with right foot

& Step to left side with left footStep to right side with right foot

REPEAT