

Nagella Slide

拍数: 44 墙数: 4 级数:
编舞者: Joyce Strand
音乐: She Flew The Coop - Dan Seals



FORWARD STEP, SLIDE STEP, TOUCH

- 1-2 Step forward with right foot, slide left foot up behind right foot
- 3-4 Step forward with right foot, touch left foot next to right foot
- 5-6 Step forward with left foot, slide right foot up behind left foot
- 7-8 Step forward with left foot, touch right foot next to left foot

BACK STEP, SLIDE, STEP, TOUCH

- 9-10 Step back with right foot, slide left foot just ahead of right foot
- 11-12 Step back with right foot, touch left foot next to right foot
- 13-14 Step back with left foot, slide right foot just ahead of left foot
- 15-16 Step back with left foot, touch right foot next to left foot

SWIVEL LEFT, CENTER, HEEL, TOE

- 17-18 Swivel both heels left, hold
- 19-20 Swivel both heel center, hold
- 21-22 Right heel front, hold
- 23-24 Right toe back, hold

RIGHT VINE, LEFT VINE

- 25-28 Right step side, left cross behind right, right step side, left touch beside right
- 29-32 Left step side, left cross behind left, left step side, brush with $\frac{1}{4}$ turn left
- 33-36 Right step side, left cross behind right, right step side, left touch beside right
- 37-40 Left step side, right cross behind left, left step side, right touch beside left

PIVOT, PIVOT

- 41-42 Step right forward, leave left foot in place, pivot $\frac{1}{2}$ turn to left on ball of left foot
- 43-44 Step right forward, leave left foot in place, pivot $\frac{1}{2}$ turn to left on ball of left foot

REPEAT
