

Native American

拍数: 32 墙数: 2 级数:
编舞者: David Cheshire (AUS)
音乐: Native American - The Bellamy Brothers



The following twist movements are done with weight on balls of both feet

- 1 Stomp left foot slightly forward and in front of right (knees bent)
- 2 Twist left heel right and right heel left
- 3 Twist left heel left and right heel right
- 4 Stomp right foot slightly forward and in front of left (knees bent)
- 5 Twist left heel right and right heel left
- 6 Twist left heel left and right heel right
- 7 Twist left heel right and left heel left
- 8 Stomp left foot slightly forward in front of right

- 9-10 Kick right foot forward and to right side
- 11&12 Right back shuffle right-left-right
- 13-14 Kick left foot forward and to left side
- 15&16 Left back shuffle left-right-left

- 17-18 Step forward on right foot and pivot on fall of feet ½ turn left
- 19-20 Stomp right foot next to left twice

- 21& Step forward on left foot, scoot back on left and lift right knee up
- 22& Step forward on right foot, scoot back on right and lift left knee up
- 23& Step forward on left foot, scoot back on left and lift right knee up
- 24& Step forward on right foot, scoot back on right and lift left knee up
- 25& Step forward on left foot, scoot back on left and lift right knee up
- 26& Step forward on right foot, scoot back on right and lift left knee up
- 27& Step forward on left foot, scoot back on left and lift right knee up
- 28 Step forward on right

- 29&30 Forward left shuffle left-right-left
- 31&32 Forward right shuffle right-left-right

REPEAT