

Native American

拍数: 32 墙数: 2 级数:
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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
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- 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
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- 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
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- 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
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- 29&30 Forward left shuffle left-right-left
 - 31&32 Forward right shuffle right-left-right

REPEAT