

Not At All

拍数: 64 墙数: 0 级数:
编舞者: Terry Dunbar (AUS)
音乐: Train In Vain - Dwight Yoakam



1-4 Step back 45 degrees right on right, hold, cross left over right, hold

5-8 Step back right, cross left over right, step back right, hold

All these steps moving back to right diagonal

9-12 Step back 45 degrees left on left, hold, cross right over left, hold

13-16 Step back left, cross right over left, step back left, hold

All these steps moving back to left diagonal

17-20 Rock back on right, hold, rock forward on left hold

21-24 Step forward right, lock left behind right, step forward right, hold

25-28 Step forward on left, lock right behind left, step forward left, hold

29-32 Step forward right, ½ pivot turn left, step forward right, hold

33-36 Step left to side, cross right behind left, step left to side, hitch right knee

37-40 Step right to side, cross left behind right, turn ¼ turn right step on right, scuff left

41-44 Double hip bumps left, double hip bumps right

45-48 Single hip bumps left-right-left-right

49-52 Step back on ball of left, drop heel, step back on ball of right, drop heel

53-56 Step back on ball of left, drop heel, step back on ball of right, drop heel

57-60 Touch left toe to side, turn ¼ turn left step left together, touch right to side, step right together

61-64 Touch left toe to side, turn ¼ turn left step left together, touch right to side, touch right beside left

REPEAT

RESTART

On the 4th wall dance the first 32 steps but instead of a hold on step 32, step left together. Restart dance facing the 3:00 wall.