

Old 45 South

拍数: 48 墙数: 4 级数: Intermediate/Advanced
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音乐: Country So We Can - Forty5south



STEP, ½ TURN, SHUFFLE, SCUFF, HITCH, ½ PIVOT, SAILOR STEP

- 1-2 Step forward on left foot, pivot ½ turn to the right (6:00)
- 3&4 Left shuffle forward
- 5&6 Scuff right foot forward while turning ½ turn to the left hitching the right foot, step forward on the right foot (12:00)
- 7&8 Left sailor step

ROCK, RECOVER, CROSSING SHUFFLE, STEP, PIVOT, STEP, PIVOT, CROSS STEP, HEEL

- 1-2 Rock right to right side, recover weight back to left
- 3&4 Crossing shuffle to the left, stepping right over left, left to left side, right over left
- 5-6 Step back on left foot while turning ¼ turn to the right, step back on right foot while turning ½ turn to the right (9:00)
- 7&8 Cross step left over right, step right to right side, extend the left heel forward and slightly diagonal to the left

STEP, ½ TURN HITCH, RIGHT SHUFFLE, CROSS STEP, UNWIND ¾ TURN RIGHT, SAILOR STEP

- &1-2 Step back to the center on the left foot, cross right over left, unwind ¾ turn to the left (12:00)
- 3&4 Left sailor step
- 5-6 Rock right to the right side, recover weight back to the left foot
- 7&8 Right sailor step with a ½ turn to the right (6:00)

CROSS STEP, UNWIND ¾ TURN, COASTER STEP, HEEL SWITCHES

- 1-2 Cross left foot over right, unwind ¾ turn to the right (weight ends up on the left foot)
- 3&4 Right coaster step in place (3:00)
- 5&6&7&8& Touch left heel forward, right heel forward, left heel forward, right heel forward, step right back next to left foot

STEP, SCUFF, HITCH, ½ TURN, COASTER STEP, SCUFF, HITCH, TURN, STEP, STEP, COASTER STEP

- 1&2& Step forward with the left foot, scuff and hitch the right foot while turning ½ turn to the left, step back on the right foot (9:00)
- 3&4 Left coaster step
- 5&6& Scuff and hitch the right foot while turning ½ turn to the left, step back on the right foot, step back on the left foot (3:00)
- 7&8 Right coaster step

CROSS STEP, SIDE STEP, SAILOR, CROSS STEP, SIDE STEP, TURNING SHUFFLE

- 1-2 Cross step left over right, step right to the right side
- 3&4 Left sailor step in place
- 5-6 Cross step right over left, step left to left side
- 7&8 Step back on right while turning ½ turn to the right, step left next to right, step right to right side (9:00)

REPEAT