

The 107

拍数: 64 墙数: 2 级数: Intermediate/Advanced
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音乐: 455 Rocket - Kathy Mattea



SYNCOPATED LEFT VINE WITH HIP BUMPS

1&2 Left to side, right behind, left forward
3-4 Push left hip forward twice with to claps
5&6 Right to side, left behind, right forward
7-8 Push right hip forward twice with two claps

HEEL SWITCHES

9-12 Extend left heel forward, touch heel to side, touch heel forward, bring left home as right heel extends forward
13-16 Right heel touch side, right heel forward, bring right home as left heel extends forward, touch left toe back

STEP PIVOT ½ TURN RIGHT, STEP PIVOT ½ TURN LEFT, WALK OUT

17-20 Step left forward, pivot ½ turn to right, step left foot forward step, right foot forward
21-24 Pivot ½ turn to left, walk forward right-left-right

ROLL BACK COMPLETE TURN AND A HALF, STEP OUT ON RIGHT (NEW WALL)

25-28 Roll back by stepping left ½ turn to the left, moving backwards step right ½ turn to the left, step left ½ turn to the left completing turn by stepping forward with right foot now facing new wall

STEP BACK AND KICK TO THE SIDE

29&30 Step back on left foot, two right side kicks and claps
31-32 Step back on right foot kicking left to side with one clap
33&34 Step back on left foot, two right side kicks and claps
35-36 Step back on right foot kicking left to side with one clap

LEFT SHUFFLE, TRIPLE STEP, RIGHT SHUFFLE, TRIPLE STEP

37&38 Left shuffle forward
39&40 Right stomp, left stomp, right stomp
41&42 Left shuffle back
43&44 Right stomp, left stomp, right stomp

REVERSE VINES WITH SYNCOPATED STEPS

45-46 Left step over right, right foot out
47&48 Left step over right, right foot out, left stomp together
49-50 Right step over left, left foot out
51&52 Right step over left, left foot out, right stomp together

STEP HITCHES

53-54 Step left forward, hitching right knee forward
55-56 Step right back, hitching left knee forward

ROCK STEPS, SYNCOPATED STEP TOGETHER

57-58 Step and rock left forward, rock back on right
59&60 Rock left forward, right step and left stomp together
61-62 Step back right, rock forward on left

63&64

Rock back on right, left step and right stomp together

REPEAT
