

1 Thin Dime

拍数: 64 墙数: 4 级数: Improver
编舞者: Michele Perron (CAN)
音乐: One Thin Dime - Nancy Hays



HEEL, HOOK, HEEL, HOLD, HEEL/STEP, BEHIND, SIDE, HOLD

1-2 Right heel forward, right heel hook/up across front of left shin
3-4 Right heel forward, hold

Lean to right on 5,6,7

5 Right heel/step to side right

Heel/step = place heel on floor rolling smoothly onto toe/ball

6 Left step across and behind right
7-8 Right step to side right, hold

HEEL, HOOK, HEEL, HOLD, HEEL/STEP, BEHIND, SIDE, HOLD

1-2 Left heel forward, left heel hook/up across front of right
3-4 Left heel forward, hold

Lean to left on 5,6,7

5 Left heel/step to side left

Heel/step = place heel on floor rolling smoothly onto toe/ball

6 Right step across and behind left
7-8 Left step to side right, hold

WALK, HOLD, WALK, FORWARD, RECOVER, BACK, HOLD

1-2 Step right forward, hold
3-4 Step left forward, hold
5-6 Right rock/step forward, left recover/step back
7-8 Step right back, hold

BACK, HOLD, TURN, HOLD, SIDE, ACROSS, SIDE, HOLD

1-2 Step left back, hold
3-4 Execute $\frac{1}{4}$ turn left with right step, hold (9:00)
5-6 Left step to side left, right step across front of left
7-8 Left step to side left, hold

TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD

On right touch: both arms draw circle to the right to 'point' hands across front of left and look left
On left touch: both arms draw a circle to the left to 'point' hands across front of right and look right

1-2 Right toe/touch across and behind left, hold
3-4 Right step to side right, hold
5-6 Left toe/touch across front of right, hold
7-8 Left step to side left, hold

TOUCH, HOLD, SIDE, HOLD, TOUCH, HOLD, SIDE, HOLD

On right touch: both arms draw circle to the right to 'point' hands across front of left and look left
On left touch: both arms draw a circle to the left to 'point' hands across front of right and look right

1-2 Right toe/touch across and behind left, hold
3-4 Right step to side right, hold
5-6 Left toe/touch across front of right, hold
7-8 Left step to side left, hold

ACROSS, HOLD, BACK, HOLD, TURN, HOLD, FORWARD, HOLD (SLOW JAZZ BOX)

- 1-2 Right step across front of left, hold
- 3-4 Step left back, hold
- 5-6 Execute $\frac{1}{4}$ turn right with right step, hold (12:00)
- 7-8 Step left forward, hold

ACROSS, BACK, TURN, (QUICK JAZZ BOX), HOLD, FORWARD HOLD, TOUCH, HOLD

- 1-2 Right step across front of left, step left back
- 3-4 Execute $\frac{1}{4}$ turn right with right step, hold (3:00)
- 5-6 Step left forward, hold
- 7-8 Right touch beside left, hold

REPEAT
