

Opposite

拍数: 64 墙数: 4 级数: Intermediate
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音乐: I Can Help - Aaron Tippin



TOUCH: FORWARD, BACK, CROSS, SIDE & CROSS, SIDE, BACK, FORWARD

- 1-4 Touch right toe forward, touch right toe back, touch right toe over left, touch right toe to right side
& Step right beside left
5-8 Touch left toe over right, touch left toe to left side, touch left toe back, touch left toe forward
& Step left beside right

RIGHT SHUFFLE, LEFT HEEL HOOKS, LEFT SHUFFLE

- 1&2 Step right forward, step left beside right, step right forward
3-4 Touch left heel forward, hook left over right shin
5-6 Touch left heel forward, hook left over right shin
7&8 Step left forward, step right beside left, step left forward

RIGHT MONTEREY TURN, LEFT MONTEREY TURN

- 1-2 Touch right toe to right side, step right beside left turning ½ turn over right shoulder
3-4 Touch left toe to left side, touch left toe beside right
5-6 Touch left toe to left side, step left beside right turning ½ turn over left shoulder
7-8 Touch right toe to right side, touch right toe beside left

PADDLE STEPS COMPLETING ½ TURN, PADDLE STEPS COMPLETING 1 ½ TURNS

- &1 Hitch/raise right knee, touch right toe to right side
&2&3&4 Repeat counts &1 three more times turning ½ turn left (weight on right)
&5 Hitch/raise left knee, touch left toe to left side
&6&7&8 Repeat counts &5 three more times turning 1 ½ turn left (weight on left)

HANDWORK ENDING WITH ¼ TURN

- 1-2 Slap right thigh with right hand, slap left thigh with left hand
3-4 Slap left shoulder with right hand, slap right shoulder with left hand (arms are now crossed)
5& Slap right thigh with right hand, slap left thigh with left hand
6& Slap left shoulder with right hand, slap right shoulder with left hand (arms are now crossed)
7 Step right forward with right hand on right facial cheek (still with left hand on right shoulder)
8 Pivot a ¼ turn left, while pushing face with right hand (like your slapping yourself)

STEP - KICK, BACK - TOGETHER, STEP - KICK, BACK - TOGETHER

- 1-2 Step right to left diagonal, kick left towards left diagonal
3-4 Step left back, step right beside left (straightening to 3:00 wall from front)
5-6 Step left to right diagonal, kick right towards right diagonal
7-8 Step right back, step left beside right (straightening to 3:00 wall from front)

JUMP FEET APART, JUMP FEET TOGETHER, RIGHT SHUFFLE, LEFT SHUFFLE

- &1 Jump feet apart stepping: right, left
&2 Jump feet together stepping: right, left
&3 Jump feet apart stepping: right, left
&4 Jump feet together stepping: right, left
5&6 Step right back, step left beside right, step right back
7&8 Step left back, step right beside left, step left back

SIDE ROCK & SIDE ROCK, RIGHT HEEL - TOE, & FORWARD, TOUCH

- 1-2 Step right to right side, rock weight back onto left
- & Step right beside left
- 3-4 Step left to left side, rock weight back onto right
- & Step left beside right
- 5 Touch right heel forward with body leaning forward and right arm raised as if your walking
- 6 Touch right toe back with body leaning back and left arm raised as if your walking
- & Step right beside left
- 7-8 Step left forward, touch right toe beside left

REPEAT
