

Panic Station

拍数: 64 墙数: 1 级数:
编舞者: Brian Banbury (UK)
音乐: Baby Don't Go - Dwight Yoakam & Sheryl Crow



HEEL STRUTS, OUT AND IN

- 1 Touch right heel forward
- 2 Slap toe down
- 3 Touch left heel forward
- 4 Slap toe down
- 5 Step right to right
- 6 Step left to left
- 7 Step right to center
- 8 Step left to center

HEEL STRUTS, OUT AND IN

- 9 Touch right heel forward
- 10 Slap toe down
- 11 Touch left heel forward
- 12 Slap toe down
- 13 Step right to right
- 14 Step left to left
- 15 Step right to center
- 16 Step left to center

TOUCH, HALF TURN, KICKS

- 17 Touch right to right
- 18 Touch right to center
- 19 Touch right to right
- 20 Push into half turn right, step down on right
- 21-22 Kick left leg forward twice
- 23 Step back on left
- 24 Touch back on right

RIGHT SHUFFLE, PIVOT TURN, KICKS

- 25&26 Right shuffle forward (right-left-right)
- 27 Step forward left
- 28 On balls of both feet, pivot ½ turn right (weight right)
- 29-30 Kick left leg forward twice
- 31 Step back on left
- 32 Touch back on right

PIVOT TURN, STRUTS, STOMP AND KICK

- 33 Step forward on right
- 34 On balls of both feet, ½ pivot turn left (weight on left)
- 35 Touch right heel forward
- 36 Slap toe down
- 37 Touch left heel forward
- 38 Slap toe down
- 39 Stomp right foot beside left
- 40 Kick right foot forward

RIGHT VINE, TOUCHES

- 41 Right step to right
- 42 Left cross behind right
- 43 Right step to right
- 44 Left touch beside right
- 45-48 Left toe touch forward, side, back, side

UNWIND, TOUCHES, CROSS UNWIND

- 49 Left foot cross over right
- 50 Unwind $\frac{1}{2}$ turn right (weight on left)
- 51-54 Right toe touch forward, side, back, side
- 55 Right foot cross over left
- 56 Unwind $\frac{1}{2}$ turn left (weight on right)

VINE LEFT, CROSS, UNWIND, SWIVELS

- 57 Left step left
- 58 Right cross behind left
- 59 Left step left
- 60 Right cross over left
- 61 Unwind $\frac{1}{2}$ turn left (both heels to end facing right)
- 62-64 Swivel heels to left, right, center (end with weight on left)

REPEAT
