

Paralysed

拍数: 64 墙数: 4 级数:
编舞者: Barbara Stocks (AUS)
音乐: Paralyzed - Ronnie McDowell



- 1-4 Vine forward,(right, left, right; hold)
5-8 Vine back,(left, right, left, hold)
9-12 Vine right,(right, left, right, hold)
13-16 Vine left,(left, right, left, hold)
- 17-20 Vine forward on right at 45 degrees,(right, left, right,) slap left foot behind with right hand
21-24 Vine forward on left at 45 degrees (left, right, left,) slap right foot behind with left hand
25-28 Vine back (right, left, right, hold)
29-32 Turning ¼ turn left, vine forward, (left, right, left,) slap right foot behind with left hand
- 33-36 Turning ½ turn right, vine forward, (right, left, right,) slap left foot behind with right hand
37-40 Vine left,(left, right, left, hold)
41-44 Vine right,(right, left, right, hold)
45-48 Touch left toe forward, left toe to side left, tap left heel twice, taking weight on left
- 49-52 Touch right toe forward, right toe to side right, tap right heel twice, keeping weight on left (feet should now be apart)
- 53-56 For count of two, step right to center, for count of two, step left foot next to right
57-60 For count of two, step forward on right, for count of two, step left next to right.
61-64 For count of two, step back on right, for count of two, step left next to right.

REPEAT
