

Plain Jane

拍数: 40 墙数: 4 级数:
编舞者: Kathy Blasen (USA)
音乐: Plain Jane - Neal McCoy



STEP TOUCHES, HOP TOGETHER

- 1 Step right foot forward at 1 o'clock
- 2 Touch left toe to right foot
- 3 Step left foot back home
- 4 Touch right toe to left foot
- 5 Step right foot forward at 1 o'clock
- 6 Touch left toe to right foot
- &7 Hop back on left foot home, heel to right foot forward
- &8 Hop right foot home, touch left toe to right foot

STEP TOUCHES, HOP TOGETHER

- 1 Step left foot forward at 11 o'clock
- 2 Touch right toe to left foot
- 3 Step back on right foot home
- 4 Touch left toe to right foot
- 5 Step left foot forward at 11 o'clock
- 6 Touch right toe to left foot
- &7 Hop back on right foot, heel of left foot forward
- &8 Hop left foot home, touch right toe to left foot

HOP, CROSS, UNWIND, CLAP, SAILOR SHUFFLE

- 1 Hop with feet shoulder width apart
- 2 Hop and cross right foot over left foot
- 3 Unwind $\frac{1}{2}$ turn to the left
- 4 Clap
- 5&6 Step right foot behind left foot, step left foot to left side, step right foot home
- 7&8 Step left foot behind right foot, step right foot to right side, step left foot home

HEEL POPS

- 1 Step right foot slightly behind left foot and twist both heels in
- & Twist both heels out
- 2 Step left foot slightly behind right foot and twist both heels in
- & Twist both heels out
- 3 Step right foot slightly behind left foot and twist both heels in
- & Twist both heels out
- 4 Twist both heels in
- 5&6 Step left foot forward, step right foot to left foot, step left foot forward
- 7 Scuff right foot forward and turn $\frac{1}{4}$ to the left
- 8 Touch right toe next to left foot

KICK, TURN, TRIPLE STEP TWICE

- 1 Kick right foot back
- 2 Turn $\frac{1}{2}$ to the right, hooking right leg over left knee
- 3&4 Step right foot forward, step left foot next to right, step right foot forward
- 5 Kick left foot back
- 6 Turn $\frac{1}{2}$ to the left hooking left leg over right knee

7&8

Step left foot forward, step right foot next to left, step left foot forward

REPEAT
