

Postmarked

拍数: 32 墙数: 4 级数:
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音乐: Take a Letter, Maria - Doug Stone



SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT, ¼ ROCK, RECOVER

1 Step to right on right foot
&2 Slide left foot next to right foot, step to right on right foot
3-4 Rock back on left foot, step forward on right foot
5 Step to left on left foot
&6 Slide right foot next to left foot, step to left on left foot
7-8 Rock back on right foot stepping ¼ turn right, step forward on left foot

TOE, HEEL, TOE, HEEL, WALK FORWARD

9-10 Step forward on right toes, step down on right heel
11-12 Step forward on left toes, step down on left heel
13-14 Walk forward on right foot, walk forward on left foot
15-16 Walk forward on right foot, walk forward on left foot

TOUCH RIGHT, HOLD, TOUCH LEFT, HOLD, RIGHT, LEFT, RIGHT, HOLD

17-18 Touch right toes out to right side, hold
& Step right beside left
19-20 Touch left toes out to left side, hold
21 Touch right toes out to right side
&22 Step right foot next to left foot, touch left toes out to left side
& Step left foot next to right foot
23-24 Touch right toes out to right side, hold

SAILOR SHUFFLES, HIP BUMPS

25&26 Cross right foot behind left foot
&26 Step left foot next to right foot, step right foot to right
27 Cross left foot behind right foot
&28 Step right foot next to left foot, step left foot to left
29-30 Step forward on right foot bumping hips right, bump hips left
31-32 Bump hips right, bump hips left, while kicking left foot back

REPEAT
