

Quickie

拍数: 48 墙数: 4 级数:
编舞者: Debi Dillow (USA)
音乐: Pick Up the Fiddle (Pluck That Banjo) - Razzle Dazzle



LEFT HEEL, HOOK, KICK-BALL-STEP, STEP LEFT, ½ RIGHT, STEP LEFT, ½ RIGHT

- 1-2 Touch left heel forward, cross touch (to floor) left over right
3 Kick left forward
&4 Keeping right in place, step back on left, rock forward onto right
5 Step forward on left
6 On balls of both feet, pivot ½ turn right (6 o'clock), shifting weight to right
7 Step forward on left,
8 On balls of both feet, pivot ½ turn right (12 o'clock), shifting weight to right

LINDY LEFT, LINDY RIGHT

- 9&10 Side shuffle left right left
11-12 Keeping left in place, step back on right, rock forward onto left
13&14 Side shuffle right left right
15-16 Keeping right in place, step back on left, rock forward onto right

FORWARD STOMPS, TOE STEPS, ½ PIVOT, TRIPLE (IN PLACE)

- 17 Stomp (weight) forward on left
& Step right toe out to right side
18 Stomp (weight) forward on left
& Cross step right over left
19 Stomp (weight) forward on left
& Step right toe out to right side
20 Stomp (weight) forward on left
21 Step forward on right
22 Pivot ½ turn left (6 o'clock), changing weight to left
23&24 In place, triple (shuffle) right left right
25-32 Repeat counts 17-24

STEP & PULL, CROSSOVER/ROCK, ¼ PIVOT, TRIPLE (IN PLACE)

- 33-34 Side step left, slide step right beside left
35 Cross step left over right
&36 Keeping left in place, step back on right, rock forward onto left
37 Step forward on right
38 On balls of both feet, pivot ¼ turn left (3 o'clock), shifting weight to left
39&40 In place, triple (shuffle) right left right

SYNCOPATION (OUT OUT, IN IN), STEP, SLIDE, STEP, STEP

- 41 Step left out to left side
& Step right out to right side
42 Step left in to center
& Step right in to beside left
43 Step left out to left side
& Step right out to right side
44 Step left in to center
& Step right in to beside left
45-46 Step forward on left, slide step right beside left

47-48

Step forward on left, step right beside left

REPEAT
