

Raincheck

拍数: 32 墙数: 4 级数: Beginner
编舞者: Chris Peel (UK)
音乐: Raincheck - Speed Limit



TOE-HEEL SUGAR FOOT, CROSS TOE STRUT (LEADING RIGHT, THEN LEFT)

- 1-2 Touch right toe beside left instep, touch right heel beside left instep
- 3-4 Touch right toe across left, lower right heel into step down
- 5-6 Touch left toe beside right instep, touch left heel beside right instep
- 7-8 Touch left toe across right, lower left heel into step down

PENDULUM ROCK, PIVOT ½ TURN LEFT, WALKING STEPS FORWARD

- 9-10 Rock forward on right, rock weight back on left
- 11-12 Rock back on right, rock weight forward on left
- 13-14 Step right forward into pivot ½ turn left, transfer weight forward on left
- 15-16 Walk forward right, walk forward left

TRAVELING FORWARD TWISTING TOE STRUTS (SMALL STEPS)

- 17-18 Point right toe diagonally forward right, transfer weight to ball of right and twist to center
- 19-20 Point left toe diagonally forward left, transfer weight to ball of left and twist to center
- 21-22 Point right toe diagonally forward right, transfer weight to ball of right and twist to center
- 23-24 Point left toe diagonally forward left, transfer weight to ball of left and twist to center

RIGHT STRUTTING JAZZ BOX WITH ¼ TURN LEFT, LEFT TOE STRUT FORWARD

- 25-26 Point right toe across left, lower right heel into step down
- 27-28 Touch left toe behind right, lower left heel into step down
- 29-30 Point right toe ¼ turn right, lower right heel into step down
- 31&32 Point left toe forward, lower left heel into step down

REPEAT
