

Redneck Speed

COPPER KNOB
STEPPERS

拍数: 24 墙数: 4 级数: Beginner
编舞者: Yavon Gardner
音乐: Redneckin' - Daryle Singletary



HITCH-SHUFFLE, HITCH-SHUFFLE

- 1 Hitch right leg (leaning slightly to the left)
- &2& Shuffle step to the right (step right, left, right)
- 3 Hitch left leg (leaning slightly to the right)
- &4& Shuffle step to the left (step left, right, left)

HEEL-¼ TURN, JUMP FORWARD, HOLD, JUMP BACK, HOLD, KNEE ROLLS

- 5& Place right heel forward and pivot ¼ to the left ending with weight evenly on both legs
- 6 Jump forward on both feet (feet are shoulder width apart)
- & Hold
- 7 Jump back on both feet (shoulder width apart)
- & Hold
- 8 Roll right knee out
- & Roll left knee out

TOE-HEEL STRUTS, HEELS UP, HEELS DOWN, HEELS UP, HEELS DOWN

- 9 Step forward on ball of right foot
- 10 Lower right heel
- 11 Step forward on ball of left foot
- 12 Lower left heel
- 13 Raise both heels off of the floor
- 14 Lower heels
- 15 Raise both heels off of the floor
- 16 Lower heels

KICK-BALL-CHANGE, KICK-BALL-CHANGE, HEEL SWIVEL, TOE SWIVEL

- 17 Kick right leg straight out to right side
- &18& Right leg swings behind left foot and leads a step ball change (step right foot behind left, step down on left foot, step right beside left)
- 19 Kick left leg straight out to left side
- &20& Left leg swings behind right foot and leads a step ball change (step left foot behind right, step down on right foot, step left beside right)
- 21 Swivel heels to the left
- 22 Hold
- 23 Swivel toes to the left
- 24 Hold

REPEAT