

# The Rednex

拍数: 32                      墙数: 4                      级数: Beginner  
编舞者: Zandra Varnham (SCO)  
音乐: Old Pop in an Oak - Rednex



## HEEL SWITCHES, WALKS FORWARD

- 1&                      Dig right heel forward, replace right foot in place
- 2&                      Dig left heel forward, replace left foot in place
- 3&                      Dig right heel forward, replace right foot in place
- 4&                      Dig left heel forward, replace left foot in place
- 5                        Walk forward right
- 6                        Walk forward left
- 7                        Walk forward right
- 8                        Walk forward left

## HEEL SWITCHES, WALKS BACK

- 1&                      Dig right heel forward, replace right foot in place
- 2&                      Dig left heel forward, replace left foot in place
- 3&                      Dig right heel forward, replace right foot in place
- 4&                      Dig left heel forward, replace left foot in place
- 5                        Walk back right
- 6                        Walk back left
- 7                        Walk back right
- 8                        Walk back left

## POINT SWITCHES, HITCH POINT, GRAPEVINE TOUCH

- 1&                      Point right toe to right side, step it back in place
- 2&                      Point left toe to left side, step it back in place
- 3&                      Point right toe to right side, hitch right knee
- 4                        Point right toe to right side (no weight)
- 5                        Step right to right side
- 6                        Step left behind right
- 7                        Step right to right side
- 8                        Touch left foot next to right (weight on right)

## GRAPEVINE ¼ TURN, JAZZ BOX

- 1                        Step left to left side
- 2                        Step right behind left
- 3                        ¼ turn left stepping left forward
- 4                        Touch right toe next to left (weight on left)
- 5                        Cross right over left
- 6                        Step left foot back
- 7                        Step right foot to right side
- 8                        Step left next to right (weight on left)

## REPEAT