Rita Balou



拍数: 64 墙数: 4 级数: Improver

编舞者: Chris Peel (UK)

音乐: Rita Ballou - Vince Gill



CHARLESTON KICKS

Step right forward, kick left forward, step left back, touch right toe back
Step right forward, kick left forward, step left back, touch right toe beside left

VINE RIGHT, VINE LEFT

9-12 Side step right, step left behind right, side step right, hitch left 13-16 Side step left, step right behind left, side step left, hitch right

HIP BUMPS

17-20 Step right diagonally forward into hips forward, forward, back, back

21-24 Continue with hips forward, back, forward, back

DIAGONAL SHUFFLES ON THE BEAT WITH HITCH (LEADING RIGHT, THEN LEFT)

25-28 Step right diagonally forward, slide left beside right, step right forward into twist to left

diagonal hitch left

29-32 Step left diagonally forward, slide right beside left, step left forward into twist to center, hitch

right

SIDE STEPS WITH STOMPS

33-36 Side step right, stomp up left beside right, side step left, stomp up right beside left

SIDE STEP INTO SLOW TWIST (LEADING RIGHT, THEN LEFT)

37-40 Side step right into slow twist to left diagonal on balls of both feet (3 beats), touch left beside

right

41-44 Side step left into slow twist to right diagonal on balls of both feet (3 beats), touch right beside

left

Body now facing diagonally right. Adjust to face front during the heel switches, which follow

HEEL SWITCHES

45&46& Touch right heel forward, step right beside left, touch left heel forward, step left beside right

47-48 Touch right heel forward, hold position & clap!

VINE RIGHT 1/4 TURN RIGHT WITH TOUCH, VINE LEFT WITH HITCH

Side step right, step left beside right, step ½ turn right, hitch left Side step left, step right beside left, side step left, hitch right

JAZZ BOX RIGHT WITH 1/4 TURN (TWICE)

57-60 Step right across left, step left back, step ¼ turn right, step left beside right 61-64 Step right across left, step left back, step ¼ turn right, step left beside right

REPEAT