

Running Water

拍数: 64 墙数: 2 级数:
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音乐: Running Water - The Kentucky Headhunters



- 1&2 Step right crossed in front of left, step ball of left to left, step right in place
3&4 Step left crossed in front of right, step ball of right to left, step left in place
5-6 Tap right heel straight out in front, tap right toe straight behind
- 7-10 Weight on left foot, right foot leads with a toe touch turned in to left instep, heel touch, toe touch, heel touch with both feet traveling to right in a swivel motion
11-12 Stomp right foot twice
- 13&14 Step left crossed in front of right, step ball of right to right, step left in place
15&16 Step right crossed in front of left, step ball of left to right, step right in place
17-18 Tap left heel straight out in front, tap left toe straight behind
- 19-22 Weight on right foot, left foot leads with a toe touch turned in to right instep, heel touch, toe touch, heel touch with both feet traveling to right in a swivel motion
23-24 Stomp left foot twice
- 25&26 Step right crossed behind left, step ball of left foot to left side, step right in place
27&28 Step left crossed behind right, step ball of right foot to right side, step left in place
29-32 Repeat steps 25 to 28
- 33 Step forward on right foot at 45 degrees
34 Slide left foot next to right foot while bringing right arm up to touch brim of hat
35 Turn head $\frac{1}{4}$ turn to right and look down to floor
36 Stand still and return right arm back to side
37 Step back on left foot at 45 degrees
38 Slide right foot next to left foot while bringing left arm up to touch brim of hat
39 Turn head $\frac{1}{4}$ turn to left and look down to floor
40 Stand still and return left arm back to side
- 41-42 Touch right toe out to right side & pivot $\frac{1}{2}$ turn on ball of left foot & touch right foot next left
43-44 Touch left toe out to left side & return next to right
- 45-46 Step forward on right foot and pivot $\frac{1}{2}$ turn left
47&48 Shuffle forward right-left-right
49-50 Step forward on left foot and pivot $\frac{1}{2}$ turn right
51&52 Step forward on left foot beginning a $\frac{3}{4}$ turn right on the spot left-right-left
- 53&54 Step to the right and triple step right-left-right
55-56 Rock back on left foot and step right in place
57&58 Step to the left and triple step left-right-left
59-60 Rock back on right foot and step left in place
- 61-62 Step forward on ball of right foot turning $\frac{1}{4}$ turn left & lift both heels & pivot on balls of both feet $\frac{1}{2}$ turn left
63-64 Stomp right foot forward, stomp left next to right

REPEAT
