

Seasons

拍数: 64 墙数: 2 级数: Beginner
编舞者: Jan Wyllie (AUS)
音乐: Blue Umbrella - Charlie Landsborough



HEEL STRUT, LOCK STEP, STEP SCUFF

1-4 Heel strut forward left, right
5-8 Step forward on left, lock right behind left, step forward on left, scuff right forward

3 ¼ PIVOT TURNS, STEP, HOLD

9-10 Step forward on right, pivot ¼ left transferring weight to left
11-12 Step forward on right, pivot ¼ left transferring weight to left
13-14 Step forward on right, pivot ¼ left transferring weight to left
15-16 Step forward on right, hold

HEEL STRUT, LOCK STEP, STEP SCUFF

17-20 Heel strut forward left, right
21-24 Step forward on left, lock right behind left, step forward on left, scuff right forward

3 ¼ PIVOT TURNS, STEP, HOLD

25-26 Step forward on right, pivot ¼ left transferring weight to left
27-28 Step forward on right, pivot ¼ left transferring weight to left
29-30 Step forward on right, pivot ¼ left transferring weight to left
31-32 Step forward on right, hold

ROCK, ROCK STEP HOLD, ROCK, ROCK STEP HOLD

33-36 Rock/step forward on left, rock back on right, step back on left, hold
37-40 Rock/step back on right, rock forward on left, step forward on right, hold

CROSS ROCK BACK STEP HOLD, CROSS ROCK BACK STEP HOLD

41-44 Cross/rock left over right, rock back on right, step left to left, hold
45-48 Cross/rock right over left, rock back on left, step right to right, hold

CROSS TOE STRUTS, ROCK BACK FORWARD STEP HOLD

49-52 Toe strut left over right, toe strut right to right
53-56 Rock/step left behind right, rock/return weight to right, step left to left, hold

TOE STRUTS, ROCK BACK FORWARD STEP SCUFF

57-60 Toe strut right over left, toe strut left to left
61-64 Rock back on right, rock forward on left, step forward on right to right, scuff left forward

REPEAT
