

Shortenin' Bread

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Debi Bodven (USA)
音乐: Shortenin' Bread - The Tractors



Sequence: AAAA, B, AA, B, AAAA

PART A

LINDY RIGHT, ROCK STEP, SAILORS FRONT & BACK

1&2 Shuffle side right, left, right
3-4 Rock back left, recover weight on right
5&6 Cross left over right, step side right, step left in place
7&8 Cross right behind left, step side left, step right in place

LINDY LEFT, ROCK STEP, SAILORS FRONT & BACK

9&10 Shuffle side left, right, left
11-12 Rock back right, recover weight on left
13&14 Cross right over left, step side left, step right in place
15&16 Cross left behind right, step side right, step left in place

SWIVELS, ½ PUMP TURN

17-20 Swivel on balls of feet angling body right, left, right, left (this is like skating in place)
&21 Hitch right knee up, then pivot 1/8 turn left on ball of left while forcing right toe down
&22 Hitch right knee, pivot 1/8
&23 Hitch right knee, pivot 1/8
&24 Hitch right knee, pivot 1/8

TOE, HEEL, CROSS, TOE, HEEL, CROSS, ROCK, TURN

25 Touch right toe next to left (toe is turned in)
26 Touch right heel next to left (toe is turned out)
27 Cross right over left
28 Touch left toe next to right (toe is turned in)
29 Touch left heel next to right (toe is turned out)
30 Cross left over right
31 Rock back right
32 Step left ¼ turn to left

PART B

TAP STEPS, ROCK STEP, TURNING TRIPLE

1-2 Tap right toe in place, step right in place
3-4 Tap left toe in place, step left in place
5-6 Rock back right, recover weight on left
7&8 Step in place right, left, right while turning ½ turn to left

TAP STEPS, ROCK STEP, TURNING TRIPLE

9-10 Tap left toe in place, step left in place
11-12 Tap right toe in place, step right in place
13-14 Rock back left, recover weight on right
15&16 Step in place left, right, left while turning ½ turn to right

STEP, HOLD, ROCK STEP TWICE

17-18 Step side right, hold

19-20 Rock back left, recover weight on right
21-22 Step side left, hold
23-24 Rock back right, recover weight on left

SIDE, HOLD, TOGETHER, SIDE, TOUCH, FULL TURN LEFT, TOUCH

25-26 Step side right, hold
&27 Step left together, step side right
28 Touch left next to right
29-30 Step ¼ turn left, pivot ¼ turn left on ball of left stepping side right
