

Shortenin' Bread

拍数: 64 墙数: 0 级数:
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音乐: Shortenin' Bread - The Tractors



RIGHT STROLL, POINT, TOUCH

- 1-4 Step forward right diagonal on right foot, slide left behind right, step forward on right, touch left to place.
5-8 Point left toe to left side, touch left toe to place, point left toe to left side, touch left toe to place.

LEFT STROLL, POINT, TOUCH

- 9-12 Step forward left diagonal on left, slide right behind left, step forward on left, touch right to place.
13-16 Point right toe to right side, touch right toe to place, point right toe to right side, touch right toe to place.

POINT, CROSS

- 17-20 Point right toe to right side, step right across left, point left toe to left side, step left across right.
21-24 Point right toe to right side, step right behind left, point left toe to left side, step left behind right.

MONTEREY TURN, HEEL, TOE, SWIVELS

- 25-28 Point right toe to right side, step right together while pivoting $\frac{1}{2}$ turn to the right on left, point left toe to left side, step left together.
29-32 Point right toe to right side, step right together. Swivel right toe to right side and left heel to left side, return to center. (optional heel splits or toe splits).

RIGHT GRAPEVINE, LEFT GRAPEVINE

- 33-36 Step right to right side, step left behind right, step right to right side, touch left to place.
37-40 Step left to left side, step right behind left, step left to left side, step right to place. (join hands with partner on opposite side)

STEP KICK, STEP TOUCH

- 41-44 Step forward right diagonal on right, kick left forward. Step back on left, touch right to place.
45-48 Step forward left diagonal on right, kick left forward. Step back on left, touch right to place. (bring partner into closed dance position.)

SHUFFLE, ROCK STEP

- 49-52 Shuffle in place right-left-right, starting $\frac{1}{2}$ turn to the right, shuffle in place left-right-left continuing $\frac{1}{2}$ turn.
53-56 Shuffle in place right-left-right, finishing $\frac{1}{2}$ turn, rock back on left, recover right.

STEP FORWARD, HIP BUMPS, STEP BACK, HEEL, HOOK

- 57-60 Step forward on left, step forward on right (still in closed position left side to left side with partner), bump left hips together twice.
61-64 Step back on right, step back on left (break away from partner to original position), touch right heel forward, hook right across left shin.

REPEAT