

Slide & Drive

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Mike Cook (USA)
音乐: Let Me Drive - Greg Holland



TOUCH FORWARD, TOUCH SIDE, SHUFFLE IN PLACE

1-2 Touch right heel forward, touch right heel to the right
3&4 Step right beside left, step left next to right, step right next to left

TOUCH FORWARD, TOUCH SIDE, SHUFFLE IN PLACE

5-6 Touch left heel forward, touch left heel to the left
7&8 Step left beside right, step right next to left, step left to the right

¼ TURN LEFT/SIDE SHUFFLE RIGHT, ¼ TURN LEFT/SIDE SHUFFLE LEFT

9&10 Face ¼ turn left and side shuffle right right-left-right
11&12 Face ¼ turn left and side shuffle left left-right-left

¼ TURN LEFT/SIDE SHUFFLE RIGHT, ¼ TURN LEFT/SIDE SHUFFLE LEFT

13&14 Face ¼ turn left and side shuffle right right-left-right
15&16 Face ¼ turn left and side shuffle left left-right-left

LONG STEP FORWARD, SLIDE, KNEE POPS

17-18 Long step forward on right, slide left beside right
19&20 Straighten left knee and pop right knee out, straighten right knee and pop left knee out,
straighten left knee and pop right knee out (weight should be on left)

JUMP LEFT, JUMP RIGHT, JUMP LEFT, STEP ACROSS, UNWIND ½ TURN, CLAP

&21 Jump left on ball of left, jump right on ball of right
&22 Jump on ball of left next to right, cross right in front of left
23-24 Unwind ½ turn left putting weight on right, clap

TOUCH FORWARD, TOUCH SIDE, TOUCH BACK, STEP FORWARD

25-26 Touch left toes forward, touch left toes to the left
27-28 Touch left toes back, step forward on left

TOUCH FORWARD, TOUCH SIDE, TOUCH BACK, STEP FORWARD

29-30 Touch right toes forward, touch right toes to the right
31-32 Touch right toes back, step forward on right

JUMP LEFT, JUMP RIGHT, JUMP LEFT, STEP ACROSS, UNWIND ½ TURN, CLAP

&33 Jump left on ball of left, jump right on ball of right
&34 Jump on ball of left next to right, cross right in front of left
35-36 Unwind ½ turn left putting weight on right, clap

STEP FORWARD, SLIDE STEP, STEP, STEP FORWARD ¼ TURN LEFT, SLIDE STEP

37 Step forward diagonally on left extend hands forward
38 Slide right behind left pulling hands back and down beside hips
& Step left slightly left and back
39-40 Step forward on right turning ¼ left, slide left beside right putting weight on it

REPEAT

