

Slow Pokin'

拍数: 56 墙数: 4 级数: Intermediate
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音乐: Heart's Desire - Lee Roy Parnell



Begin with feet shoulder width apart

HEEL BOUNCES, ½ TURNS, MOON JUMP

- 1-4 Keeping balls of both feet on floor, tap (bounce) heels to floor 4 times (shifting weight to left on step #4)
- 5 Step forward on right
- 6 Pivot ½ turn left (6:00), changing weight to left
- & Step right out to right side
- 7 Step left out to left side
- 8 Hold & clap

HEEL BOUNCES, ½ TURNS, MOON JUMP

- 1-4 Keeping balls of both feet on floor, tap (bounce) heels to floor 4 times (shifting weight to left on step #4)
- 5 Step forward on right
- 6 Pivot ½ turn left (12:00), changing weight to left
- & Step right out to right side
- 7 Step left out to left side
- 8 Hold & clap

¼ TURNS, ½ TURN

- 1 Making ¼ turn right (3:00), step on right
- 2 Touch left beside right and clap
- 3 Making ¼ turn left (12:00), step on left
- 4 Touch right beside left and clap
- 5 Making ¼ turn right (3:00), step on right
- 6 Touch left beside right and clap
- 7 Making ½ turn to left (9:00), step on left
- 8 Touch right beside left and clap

KICKS, SIDE STEP TOUCHES

- 1 Kick right forward
- 2 Kick right out to side
- 3 Step back on right
- 4 Kick left forward
- 5 Step left out to side
- 6 Touch right toe beside left, snapping hands out to front
- 7 Step right out to right side
- 8 Touch left toe beside right, snapping hands out to front

KICKS, SIDE STEP TOUCHES

- 1 Kick left forward
- 2 Kick left out to left side
- 3 Step back on left
- 4 Kick right forward
- 5 Step right out to right side
- 6 Touch left toe beside right, snapping hands out to front

- 7 Step left out to left side
- 8 Touch right toe beside left, snapping hands out to front

½ PIVOTS

- 1 Step forward on right
- 2 Pivot ½ turn left (3:00), changing weight to left
- 3 Step forward on right
- 4 Pivot ½ turn left (9:00), changing weight to left

FORWARD (KEEP FEET SHOULDER WIDTH APART)

- 5 Step slightly forward on right
- & Step forward on left to beside right
- 6 Hold & clap
- 7 Step slightly forward on right
- & Step forward on left to beside right
- 8 Hold & clap

REVERSE & FORWARD (KEEP FEET SHOULDER WIDTH APART)

- 1 Step slightly back on right
- & Step back on left to beside right
- 2 Hold & clap
- 3 Step slightly forward on right
- & Step forward on left to beside right
- 4 Hold & clap
- 5 Step slightly back on right
- & Step back on left to beside right
- 6 Hold & clap
- 7 Step slightly forward on right
- & Step forward on left to beside right
- 8 Hold & clap

REPEAT
