

Smack Dab

拍数: 54 墙数: 4 级数: Intermediate
编舞者: Belinda Ward (AUS)
音乐: Smack Dab - Melinda Schneider



-
- | | |
|-------|--|
| 1-4 | Full Monterey turn leading with right foot |
| 5&6 | Right heel 45, right boot hook, step right together |
| 7&8 | Left heel 45, left boot hook, step left together |
| 9-10 | Right heel 45, right boot hook while turning $\frac{1}{4}$ right |
| 11&12 | Shuffle forward right, left, right |
| 13-14 | Step forward on left turning $\frac{3}{4}$ right |
| 15-18 | 2 hip bump left, 2 hip bumps right |
| 19-22 | Body roll (any type of body roll) |
| 23&24 | Rock right to side, step left in place, step right together |
| 25&26 | Rock left to side, step right in place, step left together |
| 27-28 | Touch right toe to side, turning $\frac{3}{4}$ right step right together |
| 29&30 | Rock left to side, step right in place, step left together |
| 31&32 | Rock right to side, step left in place, step right together |
| 33&34 | Left sailor step |
| 35&36 | Right sailor step |
| 37-38 | Left brush up turning $\frac{1}{4}$ left |
| 39&40 | Shuffle forward left, right, left |
| 41-42 | Rock forward on right, rock back on left |
| 43-44 | Drag right toe back in a sweeping motion to right, step down on it |
| 45-46 | Drag left toe back in a sweeping motion to left, step down on it |
| 47-48 | Drag right toe back in a sweeping motion to right, step down on it |
| 49-50 | Drag left toe back in a sweeping motion to left, step down on it |
| 51-52 | Turning $\frac{1}{4}$ left, touch right toe to side |
| 53-54 | Leaving foot to the side do a body roll |

REPEAT
