

Smooth Scoot

拍数: 80 墙数: 2 级数: Intermediate
编舞者: Dianne Joseph (AUS)
音乐: It's Over My Head - Wade Hayes



-
- 1-8 Right heel brush up, left heel brush up
- 1-4 Cross right over left, touch left to left, cross left behind right, step right to right
5-8 Cross left over right, touch right to right, cross right behind left, step left to left
- 1-4 Touch right front of left, touch right to side, step right over left and turn $\frac{1}{2}$ turn left
5-8 Step right forward, hold, scuff left heel forward and bring heel up to inside of right knee (using a circular motion)
- 1-4 Step left forward, hold, scuff right heel forward and bring heel up to inside of left knee (using a circular motion)
5-8 Tap right heel forward, hitch right, touch right heel forward, turn $\frac{1}{4}$ turn left
- 1-12 Repeat last 12 beats
- 1-4 Cross right over left, touch left to left, cross left behind right, step right to right
5-8 Cross left over right, touch right to right, cross right behind left, step left to left
- 1-8 Right heel 45 degrees, right together, left heel 45 degrees, left together
- 1-2 Step forward right, hitch left and scoot forward on right
3-4 Step forward left, hitch right and scoot forward on left
5-6 Step forward right, hitch left and scoot forward on right
7-8 Step forward left, hitch right and scoot forward on left
- 1-4 Vine right and stomp left, (turning $\frac{1}{4}$ turn right)
5-8 Vine back and stomp right while turning $\frac{3}{4}$ turn left
- 1-4 Two heel splits with claps (i.e. clap when heels return to center)

REPEAT
