

Sold

拍数: 56 墙数: 2 级数:
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音乐: Sold - John Michael Montgomery



STOMP, HOLD, BODY ROLL, REPEAT

- 1 Stomp the right foot slightly forward
- 2 Hold
- 3-4 Starting with the top of the head, lean the body slightly forward and start a rolling action as if you are avoiding a broom being passed down the back
- 5 Stomp the left foot slightly forward
- 6 Hold
- 7-8 Starting with the top of the head, lean the body slightly forward and start a rolling action as if you are avoiding a broom being passed down the back

SUGAR FOOT, HOLD, SUGAR FOOT, HOLD, SUGAR FOOT TWICE

- 9 Touch the right toe down in front, the heel of the right foot should be pointing out to the right side, knee bent
- 10 Touch the right heel down in front, the toe of the right foot should be pointing out to the right side, knee bent
- 11 Touch the right foot down flat slightly in front of the left foot, the toe of the right foot should be pointing out to the right side
- 12 Hold
- 13 Touch the left toe down in front, the heel of the left foot should be pointing out to the left side, left knee bent
- 14 Touch the left heel down in front, the toe of the left foot should be pointing out to the left side, left knee bent
- 15 Touch the left foot down flat slightly in front of the right foot, the toe of the left foot should be pointing out to the left side
- 16 Hold
- 17 Touch the right toe down in front, the heel of the right foot should be pointing out to the right side
- 18 Touch the right heel down in front, the toe of the right foot should be pointing out to the right side
- 19 Touch the right foot down flat slightly in front of the left foot, the toe of the right foot should be pointing out to the right side
- 20 Touch the left toe down in front, the heel of the left foot should be pointing out to the left side
- 21 Touch the left heel down in front, the toe of the left foot should be pointing out to the left side
- 22 Touch the left foot down flat slightly in front of the right foot, the toe of the left foot should be pointing out to the left side

STOOGES WALK, PIVOT ½, STOMP

- & Bend the right knee so that right foot is raised up in back
- 23 Hop back on the left foot, bring right foot back down with toes of the right foot touching the floor
- & Bend the right knee so that right foot is up in back
- 24 Hop back on the left foot, bring right foot back down with toes of the right foot touching the floor
- 25 Pivot ½ turn to the right on the right foot
- 26 Stomp the left foot next to the right

KICK, KICK, FLOOR SWEEP

- 27 Kick left foot forward

- 28 Kick left foot forward
 & Bring left foot back so that it is crossed behind the right foot and placed to the right of the right foot
 29-32 Rotate the body a full turn to the left unwinding the legs, and shift weight to right foot (the right foot should slide in place next to the left foot so that the feet don't rewind). This is a four count spin.

KNEE ROLL ¼ TURN, BOUNCE, REPEAT THREE TIMES

- 33 With knees bent, swing left knee to the left and pivot ¼ turn to the left
 34 With knees bent, swing right knee to the left
 & Raise up onto toes and bend knees
 35 Lower heels back to floor
 & Raise up onto toes and bend knees
 36 Lower heels back to floor
 37 With knees bent, swing left knee to the left and pivot ¼ turn to the left
 38 With knees bent, swing right knee to the left
 & Raise up onto toes and bend knees
 39 Lower heels back to floor
 & Raise up onto toes and bend knees
 40 Lower heels back to floor
 41 With knees bent, swing left knee to the left and pivot ¼ turn to the left
 42 With knees bent, swing right knee to the left
 & Raise up onto toes and bend knees
 43 Lower heels back to floor
 & Raise up onto toes and bend knees
 44 Lower heels back to floor
 45 With knees bent, swing left knee to the left and pivot ¼ turn to the left
 46 With knees bent, swing right knee to the left
 & Raise up onto toes and bend knees
 47 Lower heels back to floor
 & Raise up onto toes and bend knees
 48 Lower heels back to floor

JUMPING JACK, KICK, REPEAT THREE TIMES

- 49 Jump out to side so that feet are spread as if in a jumping jack
 & Jump so that feet return to original position
 50 Kick left foot forward and hop on right foot
 & Jump so that feet return to original position
 51 Jump out to side so that feet are spread as if in a jumping jack
 & Jump so that feet return to original position
 52 Kick right foot forward and hop on left foot
 & Jump so that feet return to original position
 53 Jump out to side so that feet are spread as if in a jumping jack
 & Jump so that feet return to original position
 54 Kick left foot forward and hop on right foot
 & Jump so that feet return to original position
 55 Jump out to side so that feet are spread as if in a jumping jack
 & Jump so that feet are half way back to original position
 56 Jump so that feet return to original position

REPEAT - NO TAGS, NO RESTARTS

ALTERNATIVE: The last 8 counts can be done without having to jump;

- 49 & touch left toe to side, touch left toe to center,

- 50 & touch left heal in front, step down on left foot next to right foot
- 51 & Touch right toe to right side, touch right toes to center
- 52 & Touch right heal in front, step down on right foot next to left foot
- 53 & touch left toe to side, touch left toe to center,
- 54 & touch left heal in front, step down on left foot next to right foot
- 55 & 56 Touch right toe to right side, touch right toe next to left foot, HOLD

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