

South Beach

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Lisa M. Johns (USA)
音乐: Miami - Will Smith



Country music suggestion by Larry Bass

SWITCH-SWITCH-CROSS-SIDE-SAILOR-CROSS TRIPLE

1& Touch right heel forward, bring right back down to close
2& Touch left heel forward, bring left back down to close
3-4 Cross step right over left, step left to left
5&6 Step right behind left, step left to left, step right to tight
7&8 Crossing left over right triple step left-right-left

SET- SWITCH-SWITCH-CROSS-STEP-SAILOR-CROSS TRIPLE

&1& Step right back slightly, touch left heel forward, bring left back down to close
2& Touch right heel forward, bring right back down to close
3-4 Cross step left over right, step right to the right
5&6 Step left behind right, step right to right, step left to left
7&8 Crossing right over left triple step right-left-right

SWING-TRIPLE-SWING-TRIPLE-45 DEGREE DIAGONAL.TRIPLE-¼ BACK TRIP(LE

&1&2 Raising left knee, swing across right on & then keeping legs crossed triple step left-right-left
&3&4 Raising right knee, swing across left on & then keeping legs crossed triple step right-left-right
5&6 Triple step forward diagonal 45 degrees to the left left-right-left
7&8 Triple step back making ¼ turn to the right right-left-right

HEEL-TOE-HEEL-TOE-HEEL-TOE COASTER FORWARD

1-2 Step forward on left heel, drop left toes
3-4 Step forward on right heel, drop right toes
5-6 Step forward on left heel, drop left toes
7&8 Step forward on right, step left to meet right, step back on right

TOE-HEEL-TOE-HEEL-TOE-HEEL-COASTER BACK

1-2 Step back on left toes, drop left heel
3-4 Step back on right, drop right toes
5-6 Step back on left toes, drop left heel
7&8 Step back on right, step left back to meet right, step forward on right

SIDE-HOLD/CLAP-CLOSE-SIDE-HOLD/CLAP-SAILOR WITH TOUCH-TAP-TAP

1-2 Step left to the left, hold/clap
&3-4 Step right to meet left, step left to left, hold-clap
5&6 Step right behind left, step left to left, touch right toe to right
7-8 Keeping right toes on the ground tap right heel twice

REPEAT