

Stampede

拍数: 48 墙数: 0 级数:
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音乐: Stampede - Chris LeDoux



TOE FANS (BEGIN FACING LOD)

1-2 Fan right toes to right, fan right toes back to center
3-4 Fan right toes to right, fan right toes back to center
4-5 Fan left toes to left, fan left toes back to center
7-8 Fan left toes to left, fan left toes back to center

FORWARD SHUFFLES, OUT, OUT, IN, CROSS, UNWIND, HOLD

1&2 Step forward right, step left together, step forward right
3&4 Step forward left, step right together, step forward left
&5 Jump right foot slightly out to right side, jump left foot slightly out to left side
&6 Jump right foot in to center, jump left foot in and across in front of right
7-8 Unwind ½ turn to right, hold and clap

FORWARD SHUFFLES, OUT, OUT, IN, CROSS, UNWIND, HOLD

1-8 Repeat previous 8 counts

FORWARD SHUFFLES, HEEL JACKS

1&2 Step forward right, step left together, step forward right
3&4 Step forward left, step right together, step forward left
&5 Step back on right, touch left heel forward
&6 Step together left, right
&7 Step back on left, touch right heel forward
&8 Step together right, left

FORWARD SHUFFLES, KICK, STEP, KICK, STEP, KICK, CROSS, KICK

1&2 Step forward right, step left together, step forward right
3&4 Step forward left, step right together, step forward left
5& Kick right across in front of left, step right next to left
6& Kick left across in front of right, step left next to right
7&8 Kick right forward, hook right across in front of left, kick right forward

FORWARD SHUFFLES, ½ TURN LEFT, ½ TURN LEFT, STEP, STEP

1&2 Step forward right, step left together, step forward right
3&4 Step forward left, step right together, step forward left
5-6 Turn ½ turn left stepping back on right, turn ½ turn left stepping left forward
7-8 Step forward right, step (or stomp) left next to right

REPEAT
