

Standing

拍数: 44 墙数: 2 级数: Beginner
编舞者: David J. McDonagh (WLS)
音乐: From Where I Stand - The Cheap Seats



STEP BACK ¼ TURN, STEP BACK ½ TURN, BODY ROLL AND TOUCH

1-2 Step back on your right foot, do a ¼ turn to your right
3-4 Step back on your left foot, do ½ a turn to your left
5-7 Do a forward and upper body roll over three counts
8 Touch your right toe beside your left foot

CROSS OVER, HOLD, UNWIND, HOLD, BUMP HIPS RIGHT-LEFT-RIGHT-LEFT

9-10 Cross your right foot over your left, hold for one count
11-12 Unwind ½ a turn to your left, hold for one count
13-16 Bump your hips right-left-right-left

CROSS OVER, HOLD, UNWIND, HOLD, BUMP HIPS RIGHT-LEFT-RIGHT-LEFT

17-18 Cross your right foot over your left, hold for one count
19-20 Unwind ½ a turn to your left, hold for one count
21-24 Bump your hips right-left-right-left

RIGHT HEEL LEFT TOE, RIGHT VINE, TOUCH LEFT

25-26 Touch your right heel forward, step right foot beside left
27-28 Touch your left toe back, step left foot beside right
29-30 Side step right, step left foot behind right foot
31-32 Side step right, touch your left toe behind your right foot

LEFT VINE, TOUCH RIGHT, STEP FORWARD AND TOUCH, ¼ TURN AND STOMP

33-34 Side step left, step right foot behind left foot
35-36 Side step left, touch your right toe behind your left foot
37-38 Step forward on your right foot, touch your left toe beside right
39 Do a ¼ turn to your left with your left foot
40 Stomp your right foot beside left

RIGHT FAN, RIGHT FAN

41-42 Swivel your right toe to the right, swivel your right toe back to center
43-44 Swivel your right toe to the right, swivel your right toe back to center

REPEAT
