

Standin' Still

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Angie Shirley (UK)
音乐: Standin' Still - Ashley Jay



HEEL SWITCHES. ROCK STEPS

- 1&2&3-4 Touch right heel forward, step right next to left, touch left heel forward, step left next to right, cross rock right over left, rock back onto left foot
- &5&6&7-8 Step right foot next to left, touch left heel forward, step left next to right, touch right heel forward, step right foot next to left, cross rock left foot over right, rock back onto right foot

JUMP LEFT, HOLD, JUMP RIGHT, HOLD, VINE RIGHT WITH ½ TURN

- &9-10 Tiny side jump to left, stepping left, touch right next to left, hold for one count
- &11-12 Tiny side jump to right, stepping right, touch left next to right, hold for one count
- 13-16 Step left to left side, cross-step right behind left, step ball off left ¼ turn left, on ball of left foot make a further ¼ turn left sweeping right out to side

WEAVE WITH HEEL JACK, CROSS, ½ HINGE TURN, CHASSE

- 17-18 Cross-step right over left, step left to left side
- 19&20 Cross-step right behind left, step left foot to left side, touch right heel diagonally forward
- &21-22 Step back on right foot, cross-step left over right, step ball of right to right side & make ½ turn back over left shoulder
- 23&24 Step left foot to left side, step right next to left, step left foot to left side

KICKBALL STEP, SHUFFLE, ROCK STEPS, ¾ TRIPLE ON SPOT

- 25&26 Kick right foot forward, step right next to left, step forward on left
- 27&28 Shuffle forward stepping, right, left, right
- 29-30 Rock forward onto left, rock back onto right
- 31&32 Triple ¾ turn over left shoulder stepping, left, right, left

REPEAT
