

Steam

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Noel Castle (AUS)
音乐: Steam - Ty Herndon



SHUFFLE SIDE, ½ LEFT-SHUFFLE SIDE, ½ RIGHT-SHUFFLE SIDE WITH ¼ LEFT, FORWARD-½ LEFT-FORWARD

1&2 Step left side, step right together, step left side
&3&4 Pivot ½ left on left ball, step right side, step left together, step right side
&5&6 Pivot ½ right on right ball, step left side, step right together, step left into ¼ turn left
7&8 Step right forward, pivot ½ turn left stepping forward on left, step right forward

FORWARD, HITCH FULL TURN RIGHT, SHUFFLE FORWARD, FORWARD, HITCH ½ TURN RIGHT, BACK COASTER

1-2 Step left forward, hitch right knee and pivot/spin on left ball a full turn right
3&4 Step right forward, step left to right, step right forward
5-6 Step left forward, hitch right knee and pivot on left ball ½ turn right
7&8 Step right back, step left back next to right, step right forward

TAP-SCOOT-FORWARD, TAP-SCOOT-TOGETHER, SHIGGLE HIPS AND KNEES DOWN AND UP

1&2 Tap left toe behind right foot, scoot on right forward, step left forward
3&4 Tap right toe behind left foot, scoot on left forward, step right next to left
5&6& Keeping knees bent and together, "shiggle" hips and knees right-left-right-left moving down
7&8& Keeping knees together continue "shiggle" moving up right-left-right-left (weight left)

Definition: a "shiggle" is a combination shimmy/wiggle motion. Have fun with it!

SIDE, BEHIND, ¼ RIGHT-BACK-HEEL TOUCH, SIDE-CROSS, STOMP SIDE, STOMP SIDE, HOLD

1-2 Step right side, cross/step left behind right
3&4 Step right into ¼ turn right, step left ball back, touch right heel forward
&5 Step right ball side, cross/step left over right
6-7 Stomp right out to right side, stomp left out to left side

Stomp with attitude. Optional arms - thrust down by sides right arm with right foot, left arm with left foot

8 Hold and look sharply to right side

RIGHT BALL SWIVELS, ¼ RIGHT, ½ RIGHT, SIDE-RECOVER-CROSS

&-1&2& Raise right heel, swivel on right toe diagonally right-left-right-left
3&4& Keeping right heel raised continue swivel right-left-right, drop right heel (weight right)
5-6 Cross/step left over right into ¼ turn right, pivot ½ turn right stepping forward on right
7&8 Push left ball to left side, recover right, cross/step left over right

MONTEREY TURN ¾ RIGHT, SIDE-RECOVER-CROSS, HOLD, SIDE-TOGETHER, HOLD, SIDE-TOGETHER-SIDE

1-2 Touch right toe to right side, pivot ¾ right on left ball and bring right next to left
3&4 Push left ball to left side, recover right, cross/step left over right
5&6 Hold, jump right to right side, close left to right
7&8& Hold, jump right to right side, close left to right, step right a very small step to right side

REPEAT