

编舞者: Judy McDonald (CAN) 音乐: Steam - Ty Herndon



When doing this dance to "Steam" you will need to leave off the last 16 counts when you do the dance for the 5th time. Instead of doing a kick-ball-touch, do a kick-ball change to end up on the correct foot to start the dance over.

RIGHT HIP BUMPS TWICE, LEFT COASTER STEP WITH 1/4 TURN LEFT

1&2 Step right and bump hips twice

3&4 Step left behind right making ¼ turn left step right beside left, step left forward

RIGHT STEP FORWARD, PIVOT ½ TURN LEFT, RIGHT HIP BUMPS TWICE

5-6 Step right forward, pivot ½ turn left keeping weight on right

7&8 Bump hips right twice

LEFT STEP LOCK BACK, LEFT HEEL JACK

1& Step left back crossing in front of right, step right back

2& Step left back crossing in front of right (body will angle slightly right), step right back keeping

right angle

3&4 Touch left heel forward, step left to original position, step right to original position

Your feet will be in the "locked" position

BOUNCE HEELS TWICE AND UNWIND ½ TURN, HEELS OUT, HEELS IN, TOES IN

5-6 Bounce heels twice while unwinding ½ turn to right

Feet will now be "unlocked"

7&8 Twist heels apart, twist heels together, twist toes together

RIGHT SIDE TOUCH, RIGHT TOGETHER, HEELS TOGETHER, TOES TOGETHER, HEELS TOGETHER

1-2 Touch right to side, step right beside left

You can do this by leaning out to the right and pushing off the right to bring it back beside the left

3&4 Alternate toe and heel splits while moving right so heels are together first, then toes then

heels

LEFT SIDE TOUCH, LEFT TOGETHER, HEELS TOGETHER, TOES TOGETHER, HEELS TOGETHER

5-6 Touch left to side, step left beside right

You can do this by leaning out to the left and pushing off the left to bring it back beside the right

7&8 Alternate toe and heel splits while moving left so heels are together first, then toes, then

heels

RIGHT KICK, RIGHT STEP, LEFT TOUCH, LEFT KICK, LEFT STEP, RIGHT TOUCH

1&2 Kick right forward, step right forward, touch left to side 3&4 Kick left forward, step left forward, touch right to side

RIGHT PUSH TWICE WITH 1/4 TURN LEFT, RIGHT CROSS KICK, RIGHT STEP, LEFT SIDE TOUCH

Lift right slightly off floor, touch right to floor
Lift right slightly off floor, touch right to floor

Do this while making ¼ turn left

7&8 Kick right across in front of left, step right beside left, touch left to side

LEFT HIP BUMPS X 4 SHIFTING WEIGHT

1&2&3&4 Bump hips left four times while changing weight to left

RIGHT SIDE TOUCH, RIGHT TOUCH BESIDE LEFT, LEFT HIP BUMPS TWICE

5-6 Touch right to side (it's already out there), touch right beside left

7&8 Bump hips left twice

RIGHT SIDE TOUCH, RIGHT TOUCH BESIDE LEFT, RIGHT HEEL FORWARD, RIGHT COASTER STEP

Touch right to side, touch right beside left, touch right heel forward

3&4 Step right back, step left beside right, step right forward

LEFT SIDE TOUCH, LEFT TOUCH BESIDE RIGHT, LEFT HEEL FORWARD, LEFT COASTER STEP

Touch left to side, touch left beside right, touch left heel forward

7&8 Step left back, step right beside left, step left forward

REPEAT