

Steel Bars

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Chris Cleevely (UK)
音乐: Steel Bars - Michael Bolton



LEFT SHUFFLE FORWARD; WALK RIGHT, WALK LEFT; LEFT ¼ TURN RIGHT CHASSE; LEFT ¼ TURNING COASTER

1&2 Shuffle forward stepping left, right, left
3-4 Walk forward right, walk forward left (with attitude)
5&6 Making ¼ turn left, chasse right, left, right
7&8 Making ¼ turn left, step back on left step right by left, step forward on left

RIGHT SHUFFLE FORWARD; WALK LEFT, WALK RIGHT; POINT LEFT, ¼ TURN LEFT; LEFT SHUFFLE FORWARD

9&10 Shuffle forward stepping right, left, right
11-12 Walk forward left, walk forward right (with attitude)
13-14 Point left toes to left side, twist ¼ turn left (weight on right)
15&16 Shuffle forward left, right, left

CROSS, BACK; ½ TURNING SHUFFLE; RIGHT ¼ TURN LEFT CHASSE; RIGHT COASTER

17-18 Cross right over left, step back on left
19&20 Shuffle ½ turn right, stepping right, left, right
21&22 Making ¼ turn right, chasse left, right, left
23&24 Step back on right, step left by right, step forward on right

CROSS, SIDE; LEFT COASTER; RIGHT KICK & POINT LEFT; KNEE POP, ¼ TURN LEFT

25-26 Cross left over right, step right to right side
27&28 Step back on left, step right by left, step forward on left
29&30 Kick right forward, step right in place, point left to left side
31-32 Turn left knee to right (or hold for one count), twist ¼ turn left (weight on right)

REPEAT

RESTART

Restart the dance after count 24 on wall 3 (you will be facing 6:00)

Restart the dance after count 20 on wall 6 (you will be facing 9:00)
