

Steppin'

拍数: 32 墙数: 2 级数: Improver
编舞者: Lana Harvey (USA)
音乐: One Foot In Front of the Other - Lee Roy Parnell



STOMP, HOLD, STOMP, HOLD, DIAGONAL BALL CHANGE, SLIDE, STEP, ¼ PIVOT HOOK

- 1-2 Stomp on left directly in front of right. Hold.
3-4 Stomp on right directly in front of left. Hold.
&5 Step ball of left foot back on a 45 angle to left. Step right forward on 45 angle to right.
You are facing 45 right, left back, right forward.
6 Slide left forward to just behind the right heel. Weight is on left
7 Step forward, 45 right, with right.
8 Pivot ¼ to left of starting position on ball of right foot and bring left across right in a hook.
You are now facing 9:00

STEP, ½ PIVOT LEFT, SCUFF, HEEL-TOE FORWARD, TOE-HEEL BACK

- 9 Step forward on left
10 Step forward on ball of right
11 Pivot ½ turn left on ball of left foot ending with weight on left.
12 Scuff right heel forward.
13 Rocking body a little forward, step forward on right heel.
14 Drop right toe.
15 Leaving left behind right, step down on left toe straightening body back up.
16 Drop left heel .

BOX FORWARD RIGHT, HOLD, BOX FORWARD LEFT, HOLD

- 17 Step right back directly across from and a little to the right of the left foot.
18 Step left next to right.
19-20 Step forward on right. Hold.
21 Step left forward directly across from and a little left of the right. Foot.
22 Step right next to left.
23-24 Step left forward. Hold.

STOMP, HOLD, STOMP BEHIND, HOLD, BACK, CLOSE, FAN, ¼ TURN/SCUFF

- 25-26 Stomp on right directly in front of left. Hold.
27-28 Stomp on left directly behind right. Hold.
29 Step back on right
30 Step left next to right
31 Fan right toes to right, shifting weight to right.
32 Making ¼ turn to right, scuff left forward.

REPEAT

If you wish to make the dance pattern exactly to the music (so the first 4 counts always go with the word "One step in front of the other" & on the chorus), add the following after the first four dance patterns:

16 COUNT BONUS

- 1-2 Step forward on left directly in front of right. Hold.
3-4 Step forward on right directly in front of left. Hold.
5-6 Step on left directly behind right. Hold.
7-8 Step back on right directly behind left. Hold.
9-16 Repeat these 8 counts once more.

There is an extra 8 count late in the song but it is in the last part which is all instrumental anyway. If you wish you could add the first 8 of the Bonus pattern after the 14th dance sequence. It is not really necessary, but if

you want to keep counting sequences to 14...
