

Stetzin'

拍数: 32 墙数: 0 级数:
编舞者: Julia McCarty
音乐: Get Into Reggae Cowboy - The Bellamy Brothers



FOUR SHUFFLES FORWARD

- 1&2 Shuffle forward right foot (right-left-right)
- 3&4 Shuffle forward left foot (left-right-left)
- 5&6 Shuffle forward right foot (right-left-right)
- 7&8 Shuffle forward left foot (left-right-left)

¼ TURN LEFT MOVING SIDEWAYS

As you are moving sideways your arms are bent and palms facing out, as you push you fan your palms out and in.

- 9 Step forward right foot turning ¼ left bending right knee
- 10 Slide left foot sideways as you straighten right-knee (like a bend and push-moving back sideways)
- 11 Slide right foot with bent knee along side of left foot
- 12 Pushing left foot sideways and straightening right-knee
- 13 Slide right foot with bent knee along side of left foot
- 14 Pushing left foot sideways and straightening right-knee
- 15 Slide right foot with bent knee along side of left foot
- 16 Pushing left foot sideways and straightening right-knee

- 17 Right foot steps ¼ turn to right
- 18 Touch left toe out to side
- 19 Step forward on left foot
- 20 Touch right toe out to side
- 21 Step forward on right foot
- 22 Touch left toe out to side
- 23 Bring left foot together with a stomp
- 24 Kick out with left foot
- 25 Step forward on left foot
- 26 Pivot ½ turn to right on ball of left foot bringing weight down on right foot
- 27 Step forward on left foot
- 28 Pivot ½ turn to right on ball of left foot bringing weight down on right foot
- 29 Rock forward on left foot
- 30 Rock back on right foot
- 31&32 Polka steps in place--left-right-left

REPEAT