

Streamlinin'

拍数: 64 墙数: 2 级数:
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音乐: Southern Streamline - John Fogerty



FORWARD, TOGETHER, FORWARD, SWING LEG FORWARD WITH A BOUNCE

- 1-2 Step right foot forward, step left foot up behind right
- 3-4 Step right foot forward, swing left leg around to front
- 5-6 Step left foot forward, step right foot up behind left
- 7-8 Step left foot forward, swing right leg around to right side

VINE RIGHT WITH SWIVETS

(Instead of doing swivets you can do a knee out & in. That is, weight on right foot and left toe)

- 1-4 Step right foot to right side, cross step left foot behind right, step right foot to right side, step left foot next to right
- 5-6 (weight on right heel & left toe) fan right toe to right as you fan left heel to left, and back to center
- 7-8 (weight on left heel & right toe) fan left toe to left as you fan right heel to right, and back to center

VINE LEFT WITH ½ TURN TO LEFT, VINE RIGHT WITH SWIVETS, VINE LEFT

- 1-4 Step left on left foot, cross step right foot behind left, step left on left foot, spin ½ turn to left on ball of left foot
- 5-8 Step right on right foot, cross step left foot behind right, step right on right foot, step left foot next to right foot
- 9-10 (weight on right heel & left toe) fan right toe to right as you fan left heel to left, and back to center
- 11-12 (weight on left heel & right toe) fan left toe to left as you fan right heel to right, and back to center
- 13-16 Step left on left foot, cross step right foot behind left, step left on left foot, touch right foot next to left

STEP, LOCK, STEP, HOLD, STEP, ROCK, TOGETHER, HOLD

- 1-2 Step forward on right foot, lock step left foot up behind right
- 3-4 Step forward on right foot, hold one count
- 5-6 Rock step forward on left foot, rock back on right foot
- 7-8 Step left foot back next to right foot, hold one count
- 9-10 Step back on right foot, lock step left foot over in front of right foot
- 11-12 Step back on right foot, hold one count
- 13-14 Rock step back on left foot, rock forward on right foot
- 15-16 Step left foot next to right foot, hold one count

TOUCHES & HITCHES FORWARD SLIDE FORWARD ½ TURN & HITCH

- 1-2 Touch right heel forward, hitch right knee up and slap with right hand
- 3-4 Repeat 1-2
- 5-6 Step right foot forward, slide left foot up behind right (lock step)
- 7-8 Step right foot forward, spin ½ turn to left on right foot hitching left knee up

- 1-2 Touch left heel forward, hitch left knee up and slap with left hand
- 3-4 Repeat 1-2
- 5-6 Step left foot forward, slide right foot up behind left (lock step)
- 7-8 Step left foot forward, spin ½ turn to left on left foot hitching right knee

REPEAT
