

Stretchin Denim

拍数: 40 墙数: 4 级数:
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音乐: Unknown



LEFT & RIGHT TOE HEEL SHUFFLE PATTERN

- 1 Step side with right foot
- 2 Touch left toe to right instep
- 3 Touch left heel forward toward 11:00
- 4 Step left foot side left
- & Step right foot beside left foot
- 5 Step left foot side left
- 6 Touch right toe to left instep
- 7 Touch right heel forward toward 1:00
- 8 Step right foot side right
- & Step left foot beside right foot
- 9 Step right foot side right (starting $\frac{1}{2}$ turn toward right shoulder)

$\frac{1}{2}$ TURNS WITH ROCK & SHUFFLE PATTERN

- 10 Turn $\frac{1}{2}$ toward right shoulder with rock forward on to left foot
- 11 Rock weight back on to right foot
- 12 Step side left with left foot
- & Step right foot beside left foot
- 13 Step side left with left foot (starting $\frac{1}{2}$ turn toward left shoulder)
- 14 Turn $\frac{1}{2}$ toward left shoulder with rock forward on to right foot
- 15 Rock weight back on to left foot
- 16 Step side right with right foot

KNEE HITCH WITH SIDE STEPS AND BALL-CHANGE PATTERN

- 17 Hitch left knee toward 1:00
- 18 Step side left with left foot
- 19 Hitch right knee toward 11:00
- 20 Step side right with right foot
- 21 Hitch left knee toward 1:00
- & Step to place on the ball of the left foot taking weight off of right foot
- 22 Step right foot to place
- 23 Hitch left knee toward 1:00
- 24 Step side left with left foot
- 25 Hitch right knee toward 11:00
- 26 Step side right with right foot
- 27 Hitch left knee toward 1:00
- 28 Step side left with left foot
- 29 Hitch right knee toward 11:00
- & Step to place on the ball of the right foot taking weight off of the left foot
- 30 Step left foot to place
- 31 Hitch right knee toward 11:00
- 32 Step side right with right foot
- & Step left foot beside right foot
- 33 Step side right with right foot

TOE HEEL TOUCH WITH LEFT GRAPEVINE & $\frac{1}{4}$ TURN LEFT PATTERN

- 34 Touch left toe to right instep
- 35 Touch left heel towards 11:00
- 36 Step side left with left foot
- 37 Step right foot beside left foot
- 38 Step left foot $\frac{1}{4}$ towards left shoulder
- 39 Step right foot beside left foot
- 40 Step left foot to place & clap

REPEAT
