

Strike 1

拍数: 60 墙数: 4 级数: Intermediate
编舞者: Rob Fowler (ES)
音乐: Swing - Trace Adkins



HEEL JACKS TWICE, CROSS SHUFFLE, SLIDE LEFT

1&2& Cross right over left, step left to left side, touch right heel diagonally forward step right next to left
3&4& Repeat 1&2& on opposite foot
5&6 Cross right over left, step left to left side, cross right over left
7-8 Step left a long step to left, hold

RIGHT SAILOR, LEFT SAILOR, BRUSH OUT, OUT, STEP BEHIND ¾ TURN RIGHT

1&2 Step right behind left, step left next to right, step right to right side
3&4 Step left behind right, step right next to left, step left to left side
5&6 Brush right next to left, step right to right side, step left to left side
7-8 Cross right behind left, unwind ¾ turn right (weight on right) (9:00)

STEP SWIVEL, COASTER, STEP SWIVEL, JUMP BACK, OUT, OUT, CLAP

1&2 Touch left forward, swivel left heel out then in
3&4 Step back onto left, right next to left, step left forward
5&6 Touch right forward swivel right heel out then in
&7-8 Jumping back right then left, clap

RIGHT CROSS ROCK, LEFT CROSS ROCK, RIGHT MAMBO ½ TURN, LEFT MAMBO ½ TURN RIGHT

1&2 Rock right over left, recover, step right to right
3&4 Rock left over right, recover, step left to left side
5&6 Rock forward right, recover, make ½ turn right on right
7&8 Step forward left, make ½ turn right, step forward left (9:00)

JUMP FORWARD AND BACK AND FORWARD, MASH POTATO STEPS BACK

&1&2 Jump forward right, left, jump back right and left
&3&4 Jump forward right, left, right left
37& Step right diagonally behind left (3rd position) step left slightly to left, swivel both heels so they are out
38& Step left diagonally behind right, step right slightly to left, swivel heels
39 Step right diagonally behind left (3rd position)
&40 Lift left heel and right toe twist body to right (swivel), step both feet in place

RIGHT HITCH, HEEL AND STEP ½ PIVOT TURN, ½ TURN LEFT, TOUCH RIGHT TWICE CROSS AND HEEL

1&2 Hitch right knee, step right next to left, touch left heel forward
&3-4 Step left next to right, step forward right, make ½ turn left
5-6 On ball of left foot make ½ turn touching right to side twice (9:00)
7&8 Cross right over left, step left to left side, touch right heel diagonally forward

LEFT CROSS, HOLD, SIDE BEHIND CROSS, ROCK RECOVER FULL TURN LEFT

&1-2 Step right next to left, cross left over right, hold
&3-4 Step right to right side, step left behind right, step right to right side
5-8 Rock left over right, recover, make ¼ turn left onto left, step forward right make ¾ turn left (9:00)
9-10 Slide left to left side, hold

&11-12 Step right next to left, cross left over right, touch right heel diagonal forward

REPEAT

TAG

At then end of the 3rd wall, tap right heel for 4 counts
