

Switchback

拍数: 40 墙数: 4 级数: Intermediate
编舞者: Brian Harrison (UK)
音乐: Limbo Lady - The Dean Brothers



HEEL TAPS, RUNNING MAN STEPS

- 1-2 Tap right heel twice in place
- 3-4 Tap left heel twice in place
- &5 Scoot back on left foot and hitch right knee; step right forward
- &6 Scoot back on right foot and hitch left knee; step left forward
- &7 Scoot back on left foot and hitch right knee; step right forward
- &8 Scoot back on right foot and hitch left knee; step left forward

HEEL TOUCHES, HEEL-TOE SPLITS, JUMPING JACKS

- 9-10 Touch right heel forward; step right beside left
- 11-12 Touch left heel forward; step left beside right
- 13-14 Split toes apart; split heels apart
- 15&16 Jump, landing with feet together; jump, landing with feet apart; jump landing with feet together

¼ TURN, SCUFF, BACK LOCK-STEPS, TOE-HEEL SWITCHES

- 17-18 Turning ¼ right, step right forward; scuff left foot forward
- 19&20 Lock-step left across right; step right back; lock-step left across right
- 21&22 Touch right toe back; step right foot beside left; touch left heel forward
- &23 Step on left beside right; touch right toe back
- &24 Step on right beside left; touch left heel forward

HEEL SLAPS, ¼ PIVOT, ¼ PIVOT, TOE TOUCH, ¼ PIVOT

- 25-26 Hitch left foot behind right knee slapping left heel with right hand; touch left heel to left side
- 27-28 Hitch left foot behind right knee slapping left heel with right hand; touch left heel to left side
- 29-30 Pivot ¼ turn right (keep weight over left); touch right toe back
- 31-32 Step right foot forward; pivot ¼ turn left

FORWARD, TOGETHER, BACK TOGETHER, HIP BUMPS

- 33-34 Step forward onto right heel; step left heel beside right balancing on heels
- 35-36 Step right foot back; step left foot back (feet now flat on floor)
- 37-38 Bump hips right twice
- 39-40 Bump hips left twice

REPEAT
