

Tear Stained Letters

拍数: 72 墙数: 4 级数: Intermediate
编舞者: Steve Mason (UK)
音乐: Tear Stained Letter - Nadine Somers



RIGHT HEEL, HOOK, FORWARD, TOUCH, SIDE, TOGETHER, GRAPEVINE

- 1-4 Touch right heel forward, hook right foot in front of left shin, step forward on right foot, touch left foot behind right foot
- 5-8 Step left foot back, touch right foot beside left foot, touch right foot to right side, touch right foot beside left foot
- 9-12 Step right foot to right side, cross step left foot behind right foot, step right foot to right side, touch left foot beside right

LEFT HEEL, HOOK, FORWARD, TOUCH, SIDE, TOGETHER, GRAPEVINE ¼ TURN LEFT, SCUFF

- 13-16 Touch left heel forward, hook left foot in front of right shin, step forward on left foot, touch right foot behind left foot
- 17-20 Step right foot back, touch left foot beside right foot, touch left foot to left side, touch left foot beside right foot
- 21-24 Step left foot to left side, cross step right foot behind right foot, step left foot ¼ turn to left side, scuff right foot forward

FORWARD, CLAP, ½ PIVOT, CLAP, ½ TURN TRIPLE STEP, HOLD

- 25-26 Step forward on right foot, hold & clap hands
- 27-28 Pivot ½ turn left, hold & clap hands
- 29-32 Step right foot ¼ turn left, close left foot to right foot, step right foot ¼ turn left, hold

The above 4 counts are similar to a ½ turning shuffle, but on the full count, so will feel different

LEFT SLOW CHARLESTON, LEFT SLOW COASTER STEP, RIGHT SLOW CHARLESTON

- 33-36 Touch left toes back, hold, swinging left leg step left foot forward, hold
- 37-40 Swinging right leg touch toes forward, hold, swinging right leg step back, hold
- 41-44 Step left foot back, step right foot beside left foot, step forward on left foot, hold
- 45-48 Touch right toes forward, hold, swinging right leg step right foot back, hold
- 49-52 Swinging left leg touch toes back, hold, swinging left leg step forward, hold

WALK X 3, HOLD, FORWARD LEFT MAMBO, HOLD

- 53-56 Dipping down slightly walk forward right, left, right, hold
- 57-60 Rock step forward on left foot, recover weight back on to right foot, step slightly back on left foot, hold

½ TURN RIGHT, STEP, HITCH, STEP, ½ TURN RIGHT, HITCH, BACK, LOCK, BACK, HOLD, SLOW COASTER

- 61-62 Make ½ turn right on ball of left foot while stepping forward on to right foot, hitch left knee & clap hands
- 63-64 Stepping forward on left foot while make ½ turn right on ball of left foot, hitch right knee & clap hands
- 65-68 Step back on right foot, lock step left foot over right foot, step back on right foot, hold
- 69-72 Step back on left foot, step right foot beside left foot, step forward on left foot, hold

REPEAT

Alternative steps

- 61-64 Step back on right foot, hitch left knee, step back on left foot, hitch right knee)
- 65-68 Full triple turn left, stepping left right, left, hold

