

Tenderfoot

拍数: 44 墙数: 4 级数:
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音乐: Tenderfoot - Tenderfoot



TOE POINT, SCUFF, STEP, PAUSE

- 1-4 Left toe touch directly behind, scuff left foot forward, step forward on left, pause
- 5-8 Right toe touch directly behind, scuff right foot forward, step forward on right, pause
- 9-12 Left toe touch directly behind, scuff left foot forward, step forward on left, pause
- 13-16 Right toe touch directly behind, scuff right foot forward, step forward on right, pause

CROSS, UNWIND ½ RIGHT

- 17-20 Left foot step across right leg, pause, unwind ½ turn right, pause

FEET APART, TOGETHER

- 21-24 Right foot step to right, left foot step to left, right foot step to right (feet will be about 16 inches apart), pause
- 25-28 Bring both toes towards center, bring both heels towards center, bring both toes in (feet now straight forward), pause

EIGHTH TURNS TO LEFT, TOUCHES, IN PLACE

- 29-32 Right foot step 1/8 to left, transfer weight to left foot, right foot step 1/8 to left, transfer weight to left foot
- 33-36 Right toe touch to right side, right foot back in place, left toe touch to left side, left foot back in place

TOUCHES STEP BACK

- 37-40 Right toe touch to right side, right toe touch in place, right foot step behind left leg, pause
- 41-44 Left toe touch to left side, left toe touch in place, left toe touch behind right leg, pause

REPEAT
