

This & That

拍数: 32 墙数: 2 级数: Improver
编舞者: Kathy Stearns (USA)
音乐: A Man With 18 Wheels - Lee Ann Womack



WALK, ¾ TURN, WALK, HIP PUSHES

1-4 Walk forward right, left, right, left
& Spin ¾ turn right keeping weight on left foot
5-6 Walk forward right, left
7&8 Step right to right side; push hips left; push hips right

WEAVE, HEEL TAPS

9-10 Step left to left side; cross-step right behind left
11-12 Step left to left side; cross-step right over left
13 Step left to left side
14-16 Tap right heel 3 times

HUSTLE BASIC, TURN, HOLD

&17-18 Step on ball of right beside left; step left foot forward; turning ½ left, step back on right
19-20 Step left back; hold
&21-22 Step on ball of right beside left; step left foot forward; turning ½ left, step back on right
23-24 Step left back; hold

SIDE ROCK, ¼ TURN, STEP BACK, HOLD, TURNING TRIPLE STEP, PIVOT TURN, STEP BACK

&25-26 Rock-step right to right side; rock weight onto left foot to left side turning ¼ left, step right foot back
27-28 Step left back; hold
29&30 Spinning ½ turn right, triple step forward stepping right, left, right
31-32 Step left forward; pivot ½ turn right onto right foot
& Rock weight onto ball of left foot

REPEAT
