

Throw Away

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Sho Botham (UK)
音乐: I Ain't Never - BR5-49



STOMPS AND SWIVETS

1-2 Stomp right beside left twice
3-6 Swivet right, swivet left
7-8 Step right back, step in place left

SHUFFLES AND TURNS

9&10 Shuffle forward right-left-right (or triple)
11&12 Shuffle forward left-right-left (or triple)
13-14 Basketball (pivot) turn right (turning ½ to left)
15&16 Shuffle forward right-left-right
17&18 Shuffle forward left-right-left
19-20 Basketball (pivot) turn right (turning ½ to left)
21-22 Cross right over left and unwind legs by turning ½ turn to left
23-24 Stomp right beside left, jump or scoot forward (both feet together)

TOES AND HEELS TRAVEL

25-27 Travel to right side alternating toes and heels (toes right, heels right, toes right)
28 Clap
29-31 Travel to left side alternating toes and heels (toes left, heels left, toes left)
32 Clap

REPEAT
