

拍数: 54 墙数: 4 级数:
编舞者: Ronald Hoyez
音乐: T.L.C. A.S.A.P. - Alabama



RIGHT HEEL, CROSS, HEEL, RETURN

- 1 Touch right heel forward
- 2 Cross right foot over left
- 3 Touch right heel forward
- 4 Step right beside left

SWIVEL RIGHT TWICE

- 5 Swivel heels right
- 6 Swivel heels center
- 7 Swivel heels right
- 8 Swivel heels center

LEFT HEEL, CROSS, HEEL, RETURN

- 9 Touch left heel forward
- 10 Cross left foot over right
- 11 Touch left heel forward
- 12 Step left beside right

SWIVEL LEFT TWICE

- 13 Swivel heels left
- 14 Swivel heels center
- 15 Swivel heels left
- 16 Swivel heels center

RIGHT, SLAP, LEFT, SLAP

- 17 Step right on right
- 18 Cross left up and behind right and slap with right hand
- 19 Step left on left
- 20 Cross right up and behind left and slap with left hand

BACK RIGHT, LEFT, RIGHT, HITCH LEFT

- 21 Step back right
- 22 Step back left
- 23 Step back right
- 24 Hitch left, leaning back slightly

FORWARD LEFT, SLIDE RIGHT, TWICE

- 25 Step forward left
- 26 Slide right up to left
- 27 Step forward left
- 28 Slide right up to left

GRAPEVINE RIGHT

- 29 Step right on right
- 30 Cross left behind right
- 31 Step right on right

32 Touch left beside right

GRAPEVINE LEFT

33 Step left on left
34 Cross right behind left
35 Step left on left
36 Touch right beside left

TWO POLKAS

37&38 Shuffle forward right, left, right
39&40 Shuffle forward left, right, left

STEP, PIVOT ½

41 Step forward on right
42 Pivot ½ to left

TWO POLKAS

43&44 Shuffle forward right, left, right
45&46 Shuffle forward left, right, left

GRAPEVINE RIGHT, ¼ TURN RIGHT

47 Step right on right
48 Cross left behind right
49 Step right on right turning ¼ to right
50 Touch left beside right

BACK LEFT, RIGHT, LEFT, STOMP RIGHT

51 Step back left
52 Step back right
53 Step back left
54 Stomp right beside left

REPEAT
