Trackin' Country

拍数: 38

级数: Beginner

编舞者: Warren Fleming (AUS)

音乐: Fountain Of Youth - Mike Henderson

RIGHT FAN, FAN

(Pivot on right heel) swing right toe out around ¼ turn, back in place, swing right toe out 1-4 around 1/4 turn, back in place

LEFT FAN, FAN

(Pivot on left heel) swing left toe out around ¼ turn, back in place, swing left toe out around ¼ 1-4 turn, back in place

RIGHT HEEL, CLOSE, LEFT HEEL, CLOSE

9-12 Tap right heel forward at 45 degrees, back in place, tap left heel forward at 45 degrees, back in place

PIGEON TOE, PIGEON TOE

13-16 (With weight on soles of feet) swing heels out, back in place, swing heels out back in place

RIGHT FOOT TOUCH SIDE, IN FRONT, SIDE, CLOSE

17-20 Touch right toe out to right side, slide to touch in front, touch right toe out to right side, back in place

LEFT FOOT TOUCH SIDE, IN FRONT, SIDE, CLOSE

21-24 Touch left toe out to left side, slide to touch in front, touch left toe out to left side, back in place

JUMPING JACK, FORWARD, HITCH, BACK, HITCH

25-30 Jump feet apart, jump feet together, step right forward, lift left knee up, step left backward, lift right knee up

GRAPEVINE RIGHT, HITCH

31-34 Step right to right side, cross left behind right, step right to right side, lift left knee up

GRAPEVINE LEFT WITH ¼ TURN, STOMP

35-38 Step left to left side, cross right behind left, step left to left side making 1/4 turn left, stomp right beside left

REPEAT





墙数:4