

Traffic

拍数: 48 墙数: 4 级数: Improver
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音乐: In My Car (I'll Be the Driver) - Shania Twain



ROCK STEP, $\frac{3}{4}$ TRIPLE LEFT, ROCK STEP, $\frac{1}{2}$ TRIPLE RIGHT

1-2 Rock forward on left, rock back onto right
3&4 Triple left, right, left in place turning $\frac{3}{4}$ to the left
5-6 Rock forward on right, rock back onto left
7&8 Triple right, left, right in place turning $\frac{1}{2}$ to the right

ROCK STEP, $\frac{3}{4}$ TRIPLE LEFT, ROCK STEP, $\frac{1}{2}$ TRIPLE RIGHT

9-10 Rock forward on left, rock back onto right
11&12 Triple left, right, left in place turning $\frac{3}{4}$ to the left
13-14 Rock forward on right, rock back onto left
15&16 Triple right, left, right in place turning $\frac{1}{2}$ to the right

STOMP, TOE TOUCH, HITCH, TOE TOUCH, STOMP, TOE TOUCH, HITCH, TOE TOUCH

17-18 Stomp forward on left, touch right toe diagonally forward
19-20 Hitch right leg diagonally in front of left leg, touch right toe next to left foot
21-22 Stomp forward on right, touch left toe diagonally forward
23-24 Hitch left leg diagonally in front of right leg, touch left toe next to right foot

$\frac{1}{4}$ TURN LEFT STOMP, STOMP, KNEE-POP, KNEE-POP, TOE STRUTS

25-26 Turning $\frac{1}{4}$ left stomp left, stomp right (feet slightly apart)
27-28 Pop your right knee in, pop your left knee in
29-30 Touch right toe forward, snap right heel to the floor
31-32 Touch left toe forward, snap left heel to the floor

HEEL TOUCH, TOE TOUCH, CROSS BEHIND, UNWIND (TWICE)

33-34 Touch right heel forward, touch right toe right
35-36 Step right foot behind left, unwind
37-38 Touch right heel forward, touch right toe right
39-40 Step right foot behind left, unwind

STEP LEFT ON LEFT, CLAP, STEP LEFT ON RIGHT, CLAP CLAP (TWICE)

41-42 Step left foot left, clap hands
43-44 Step right foot next to left, clap hands twice (while shifting weight to right foot)
45-46 Step left foot left, clap hands
47-48 Step right foot next to left, clap hands twice (while shifting weight to right foot)

REPEAT

ENDING

STEP RIGHT ON RIGHT, CLAP, STEP RIGHT ON LEFT, CLAP CLAP (TWICE)

1-2 Step right foot right, clap hands
3-4 Step left foot next to right, clap hands twice (while shifting weight to left foot)
5-6 Step right foot right, clap hands
7-8 Step left foot next to right, clap hands twice (while shifting weight to left foot)