

Tree Frog

拍数: 64 墙数: 4 级数: Intermediate
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音乐: You Walked In - Lonestar



ROCK STEP, ½ TURN SHUFFLE, ¼ TURN, ¼ TURN, COASTER STEP (LEAD STEP FOR LINDY HOP SWING OUT)

1-2 Rock back on left foot, rock forward on right foot
3&4 Left foot shuffle with a ½ turn to the right
5-6 Step right foot behind left foot ¼ turn to right, step left foot in front of right foot ¼ turn to right
7&8 Step right foot back, step left foot next to right foot, step right foot forward

KICK BALL CROSS, KICK BALL CROSS, BRUSH, CROSS, STEP, SLIDE, STEP, SLIDE,STEP

9&10 Kick left foot forward, step left foot slightly behind right foot, cross right foot over left foot
11&12 Repeat steps 9&10
13-14 Brush left foot, step left foot over right foot
&15&16 Slide right foot to left foot, step left foot to right side, slide right foot to left foot, step left foot to right side

KICK BALL CROSS, KICK BALL CROSS, BRUSH, CROSS, STEP, SLIDE, STEP, SLIDE,STEP

17&18 Kick right foot forward, step right foot slightly behind left foot, cross left foot over right foot
19&20 Repeat steps 17&18
21-22 Brush right foot, step right foot over left foot
&23&24 Slide left foot to right foot, step right foot to left side, slide left foot to right foot, step right foot to left side

½ TURN UNWIND, CLAP, STEP OUT AND IN, WALK FORWARD, STEP OUT AND IN

25-26 Unwind ½ turn left, clap hands once
&27&28 Step right foot to right side, step left foot to left side, step right foot back to place, step left foot back to place
29-30 Step right foot forward, step left foot to right foot
&31&32 Step right foot to right side, step left foot to left side, step right foot to place, step left foot to place

STEP, ¼ TURN, COASTER STEP, ¼ TURN, ¼ TURN, COASTER STEP

33-34 Step right foot slightly forward and to right side, step left foot back ¼ turn to left
35&36 Step right foot back, step left foot next to right foot, step right foot forward
37-38 Step left foot ¼ turn to right, step right foot behind left foot ¼ turn to right
39&40 Step left foot back, step right foot next to left foot, step left foot forward

HOP FORWARD, CLAP, HOP BACK, CLAP, STEP, ½ TURN, STEP, ½ TURN

&41-42 Hop forward on right foot, left foot, clap hands once
&43-44 Hop back on right foot, left foot, clap hands once
45-46 Step right foot forward, pivot on balls of feet ½ turn to left
47-48 Repeat steps 45-46

STEP/ROLL HIPS, BUMP HIPS, STEP/ROLL HIPS, BUMP HIPS

49-50 Step right foot forward and slightly angled left while rolling hips forward, roll hips back
51&52 Bump hips forward, bump hips back, bump hips forward
53-54 Step left foot forward and slightly angled right while rolling hips forward, roll hips back
55&56 Bump hips forward, bump hips back, bump hips forward

WALK FORWARD, SWIVEL HEELS, WALK FORWARD, SWIVEL HEELS

57-58 Step right foot forward, stomp left foot forward

59&60& Swivel both heels right swivel both heels left, swivel both heels right, swivel both heels to place

61-62 Step right foot forward, stomp left foot forward

63&64 Swivel both heels right, swivel both heels left, swivel both heels right

REPEAT
