

Two Step Alone

拍数: 32 墙数: 2 级数: Beginner contra dance
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音乐: I'll Two Step Alone - Scooter Lee



ROCK STEP & KNEE POPS

- 1 (Q) Step left toe to left side with weight on toe
- & (Q) Rock back onto right foot with left toe still pointed
- 2 (S) Bring left toe home with weight on left toe bending left knee bringing left heel off ground (toe tap)
- 3 (S) Bend right knee and bring heel off ground putting weight on right toe

- 4 (Q) Step right toe to right side with weight on toe
- & (Q) Rock back onto left foot with right toe still pointed
- 5 (S) Bring right toe home with weight on right toe bending right knee bringing right heel off ground (toe tap)
- 6 (S) Bend left knee and bring heel off ground putting weight on left toe

FORWARD & BACK BASIC 2-STEP

- 7 (Q) Step left foot forward
- & (Q) Step right foot forward
- 8 (S) Step left foot forward
- 9 (S) Step right foot forward

- 10 (Q) Step left foot back
- & (Q) Step right foot back
- 11 (S) Step left foot back
- 12 (S) Step right foot back

LEFT SIDE TOGETHER-RIGHT CROSSOVER

- 13 (Q) Step left foot to left
- & (Q) Step right foot next to left
- 14 (S) Step left foot to left
- 15 (S) Step right foot next to left

- 16 (Q) Cross left foot over right (weight is now on left foot)
- & (Q) Step right foot to right side
- 17 (S) Step left foot next to right
- 18 (S) Step right foot in place

FORWARD BASIC 2-STEP-½ TURN

- 19 (Q) Step left foot forward
- & (Q) Step right foot forward
- 20 (S) Step left foot forward
- 21 (S) Rock back on right foot
- 22 (Q) Step left foot forward making ¼ turn right
- & (Q) Step right foot in place making ¼ turn right

You are now facing new wall & have made ½ turn

- 23 (S) Step left foot in place
- 24 (S) Step forward & rock onto right foot

BACKWARD BASIC 2-STEP

- 25 (Q) Step left foot back
& (Q) Step right foot back
26 (S) Step left foot back
27 (S) Bring right foot next to left

LEFT SIDE TOGETHER-STEP, SLIDE

- 28 (Q) Step left foot to left
& (Q) Step right foot next to left
29 (S) Step left foot to left
30 (S) Tap right next to left
31 (S) With right foot take a large step to right
32 (S) Slide left foot next to right (bring left toe next to right while the weight stays on your right foot)

REPEAT
