

2000 Fireman

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Heart's Desire - Lee Roy Parnell



RIGHT SAILOR, LEFT SAILOR, KICK FORWARD, CROSS, UNWIND 360

- 1&2 Step the ball of the right foot behind the left foot, step the left foot to the left side, step the right foot to the right side
- 3&4 Step the ball of the left foot behind the right foot, step the right foot to the right side, step the left foot to the left side
- 5-6 Kick the right foot forward, cross the right foot behind the left foot
- 7-8 Unwind a full turn over the right shoulder

MODIFIED HEEL SWITCHES WITH ¼ TURN MONTERYS

- 1& Touch the right heel forward, bring the right foot back to the left foot
- 2& Touch the left heel forward, bring the left foot back to the right foot
- 3 Touch the right foot out to the right side
- 4 Pivot a ¼ to the right on the ball of the left foot bringing the right foot next to the left foot weight right
- 5& Touch the left heel forward, bring the left foot back to the right foot
- 6& Touch the right heel forward, bring the right foot back to the left foot
- 7 Touch the left foot out to the left side
- 8 Pivot a ¼ to the right on the ball of the right foot bringing the left foot next to the right foot weight left

Arm movements: start on count 3. Back of right hand touch outside of right hip, left arm extend forward in front of outside of right hip, fireman holding a hose

SHUFFLE FORWARD RIGHT, ½ SHUFFLE BACK LEFT, HITCH STEP BACK TWICE, TOUCH RIGHT BACK ½

- 1&2 Step right foot forward, step the left foot next to the right foot step right foot forward
- 3&4 Step back on the left foot making a ½ turn right, step the right foot next to the left foot, step left foot back
- &5&6 Hitch the right knee, step back on the right foot, hitch the left knee, step back on the left foot
- Arm movements: & left hand at chest level, 5 extend left arm forward, & right hand at chest level, 6 extend right arm forward, fireman climbing down ladder**
- 7-8 Touch the right foot back, make a ½ turn over right shoulder keep weight left

COASTER STEP WITH A ¼, SWEEP ½, COASTER STEP, LUNGE FORWARD

- 1&2 Step back on the ball of the right foot, step back on the ball of the left foot, step forward on the right foot ¼ right
- 3-4 Pivot ½ right, sweeping the left foot weight left
- Arm movements: left hand over right, as your grabbing a pole sliding down**
- 5&6 Step back on the ball of the right foot, step back on the ball of the left foot, step forward on the right foot 1/8 right
- 7-8 Big step forward on the left foot, lunge together with the right foot touching right foot next to left

Arm movements: put hands on thighs as your lunging forward

REPEAT