

Unwound

拍数: 48 墙数: 4 级数:
编舞者: Wanda Sigler (USA)
音乐: Big Love - Tracy Byrd



TOE TOUCHES, RIGHT SIDE STEP-SLIDE, HEEL AND TOE TOADIES

- 1-2 Touch right toe to the right, touch right toe in front of left foot
- 3-4 Step to the right on right foot, slide left foot over next to right and touch
- 5-6 Touch left heel forward, step left foot next to right
- 7-8 Touch right toe back, step right foot next to left

TOE TOUCHES, LEFT SIDE STEP-SLIDE, HEEL AND TOE TOUCHES

- 9-10 Touch left toe to the left, touch left toe in front of right foot
- 11-12 Step to the left on left foot, slide right foot over next to left and touch
- 13-14 Touch right heel forward, step right foot next to left
- 15-16 Touch left toe back, step left foot next to right

SIDE SHUFFLES, CROSS ROCK STEPS

- 17&18 Shuffle sideways to the right (right-left-right)
- 19-20 Cross left foot behind right and step, rock forward onto right foot
- 21&22 Shuffle sideways to the left (left-right-left)
- 23-24 Cross right foot behind left and step, rock forward onto left foot

FORWARD SHUFFLE, MILITARY PIVOT TO THE RIGHT, FORWARD SHUFFLE, MILITARY TURN TO THE LEFT

- 25&26 Shuffle forward (right-left-right)
- 27 Step forward on left foot
- 28 Pivot ½ turn to the right on left foot and shift weight to right foot
- 29&30 Shuffle forward (left-right-left)
- 31 Step forward on right foot
- 32 Pivot ¼ turn to the left on right foot and shift weight to left foot

ROCKING CHAIR, TOUCH, CAUSE, UNWIND, HOLD & CLAP

- 33-34 Step forward on right foot, rock back onto left foot
- 35-36 Step back on right foot, rock forward onto left foot
- 37-38 Touch right foot to the right, cross right foot over left
- 39-40 Unwind ½ turn to the left, hold and clap hands

HIP BUMPS

- 41-42 Bump hips to the right twice
- 43-44 Bump hips to the left twice
- 45-46 Bump hips to the right, bump hips to the left
- 47-48 Repeat beats 45 and 46

REPEAT
