

拍数: 64 墙数: 2 级数: Intermediate
 编舞者: Chris Hodgson (UK)
 音乐: 18 Wheels and a Crowbar - BR5-49



STEP-½ TURN LEFT / STEP-TOUCH / HEEL JACK / STEP ½ TURN RIGHT

1-2 Step forward on right foot, pivot ½ turn left
 3-4 Step forward on right foot, touch left toe behind right foot
 &5 Step back on left foot, touch right heel forward
 &6 Step right foot in place, touch left toe next to right foot
 7-8 Step forward on left foot, pivot ½ turn right

LEFT SHUFFLE FORWARD / ROCK STEP / TRIPLE ¾ TURN RIGHT / SIDE ROCK STEP

9&10 Shuffle forward on left-right-left
 11-12 Step forward on right foot, rock weight back onto left foot
 13&14 Triple step in place on right-left-right making ¾ turn right
 15-16 Step left foot to left side, rock weight onto right foot

STEP-½ TURN RIGHT / STEP-TOUCH / HEEL JACK / STEP ½ TURN LEFT

17-18 Step forward on left foot, pivot ½ turn right
 19-20 Step forward on left foot, touch right toe behind left foot
 &21 Step back on right foot, touch left heel forward
 &22 Step left foot in place, touch right toe next to left foot
 23-24 Step forward on right foot, pivot ½ turn left

RIGHT SHUFFLE FORWARD / ROCK STEP / TRIPLE ¾ TURN LEFT / SIDE ROCK STEP

25&26 Shuffle forward on right-left-right
 27-28 Step forward on left foot, rock weight back onto right foot
 29&30 Triple step in place on left-right-left making ¾ turn left
 31-32 Step right foot to right side, rock weight onto left foot

CROSS SHUFFLE / SIDE ROCK / CROSS SHUFFLE / SWITCHES WITH HOLDS TWICE

33&34 Crossing right over left shuffle to left on right-left-right (with feet crossed)
 35-36 Step left to left side, rock weight onto right foot
 37&38 Crossing left over right shuffle to right on left-right-left (with feet crossed)
 39-40 Touch right toe to right side, hold position
 &41-42 Step right foot in place, touch left toe to left side, hold position
 &43-44 Step left foot in place, touch right toe to right side, hold position
 45&46 Crossing right over left shuffle to left on right-left-right (with feet crossed)
 47-48 Touch left toe to left side, hold position
 &49-50 Step left foot in place, touch right toe to right side, hold position
 &51-52 Step right foot in place, touch left toe to left side, hold position

FORWARD CROSS STEPS WITH HOLDS / CROSS-UNWIND ½ TURN / OUT-OUT-IN-IN

53-54 Cross step left over in front of right, hold position
 55-56 Swing right leg around and cross step over in front of left, hold position
 57-58 Swing left leg around and cross step over in front of right, hold
 59-60 Repeat counts 55-56
 61-62 Swing left leg around and cross step over in front of right, unwind ½ turn right
 &63 Small step to right on right foot, small step to left on left foot
 &64 Small step to place on right foot, small step to place on left foot

REPEAT
