

Warrior

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Lori Anderson (UK)
音乐: Warriors - Ronan Hardiman



SIDE SHUFFLE, ROCK, SIDE SHUFFLE, ROCK

1&2 Step right to right side, step left beside right, step right to right side
3-4 Rock left across right, rock back on right
5&6 Step left to left side, step right beside left, step left to left side
7-8 Rock right across left, rock back on left

SHUFFLE FORWARD, ½ TURN, FULL TURN, SCUFF-HITCH-STOMP

9&10 Shuffle forward, right, left, right
11-12 Step left forward, turning ½ a turn right, leaving weight on right foot
13-14 Left foot step forward making ½ a turn right, right foot step back making ½ a turn right
15&16 Scuff left foot forward, hitch left knee and stomp left foot

SCUFF-HITCH-STOMP, HEEL SWITCHES, APPLE JACKS/KNEE POPS

17&18 Scuff right foot forward, hitch right knee and stomp right foot
19& Left heel touch forward, replace
20& Right heel touch forward, replace
21-24 Apple jacks, or knee pops can be done for 4 counts starting with the left knee

SIDE SHUFFLE, SAILORS, ½ TURN

25&26 Step right to right side, step left beside right, step right to right side
27&28 Cross left behind right, step right to right side, step left to left side
29&30 Cross right behind left, step left to left side, step right to right side
31-32 Step left behind right making a ½ turn left, leaving weight on left foot
33-40 Repeat all of the last 8 steps

POINTS, HEEL SWITCHES, ½ TURN RIGHT TWICE

41& Point right toe to right side, replace
42& Point left toe to left side, replace
43& Right heel touch forward, replace
44& Left heel touch forward, replace
45-46 Step right foot behind left making a ½ turn right, leaving weight on right foot
47-48 Step left foot in front of right making a ½ turn right, leaving weight on left foot

REPEAT
