

Zero To 60

拍数: 32 墙数: 2 级数: Intermediate
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音乐: You Ain't Seen Nothing Yet - Bachman-Turner Overdrive



FORWARD WALK, FORWARD SHUFFLE, PIVOT, BACK WALK, BACK SHUFFLE

1-2 Step forward on right foot; step forward on left foot
3&4 Shuffle forward (right, left, right)
& Pivot ½ turn to the right on ball of right foot
5-6 Step back on left foot; step back on right foot
7&8 Shuffle back (left, right, left)

TURNING BACK STEP, TOUCH, TURNING SHUFFLE, ¾ TURN TO THE LEFT, CROSSOVER SHUFFLE

9-10 Step back a ¼ turn to the right on right foot; touch left foot next to right
11&12 Side shuffle to the left (left, right, left) making a ¼ turn to the left with these steps
13-14 Step forward on right foot and begin a ¾ turn to the left traveling forward, step to the left on left foot and complete ¾ turn to the left
15&16 Cross right foot over left and step; step to the left on left foot; cross right foot over left and step

SIDE ROCK STEP, SAILOR SHUFFLE, KICK-STEP-POINT, SYNCOPATED STEP, MONTEREY TURN

17-18 Step to the left on left foot; rock to the right onto right foot in place
19&20 Cross left foot behind right and step; step slightly to the right on right foot; step slightly to the left on left foot
21&22 Kick right foot forward; step right foot next to left; touch (point) left toe to the left
& Step left foot next to right
23-24 Touch right foot to the right; pivot ¼ turn to the right on ball of left foot and step right foot next to left

FORWARD SHUFFLES, ROCK STEP, PIVOT, FORWARD SHUFFLE

25&26 Shuffle forward (left, right, left)
27&28 Shuffle forward (right, left, right)
29-30 Step forward on left foot; rock back onto ball of right foot
& Pivot ½ turn to the left on ball of right foot
31&32 Shuffle forward (left, right, left)

REPEAT
