

It's All Heels

COPPERKNOB
STEPSHEETS

拍数: 60 墙数: 4 级数: Intermediate
编舞者: Lesley Clark (SCO)
音乐: Paralyzed - Ronnie McDowell



1&2& Two right apple jacks
3&4& Two left apple jacks
5-6 Right toe strut going back
7-8 Left toe strut going back

9-10 Right toe strut going back
11-12 Left toe strut going back
13-14 Step right, step left behind right
15-16 Step right, scuff left

17-18 Step left, step right behind left
19-20 ½ turn left, scuff right
21-22 Step right, step left behind right
23-24 Step right, scuff left

25-26 Step left, step right behind left
27-28 ¼ turn left, scuff right
29-30 Stomp right forward, fan out to right
31-32 Fan out to left, back to center

33-34 Left heel forward, right heel forward
35-36 Step back on left foot, step back on right foot
37-38 Stomp left forward, fan out to left
39-40 Fan out to right, back to center

41-42 Right heel forward, left heel forward
43-44 Step back on right foot, step back on left foot
45-46 Step forward right, lock left behind
47-48 Step forward right, scuff left

49-50 Step forward left, lock right behind
51-52 Step forward left, scuff right
53-54 Cross right toe over left, drop heel
55-56 Step back on left toe, drop heel

57-58 ½ turn right on toe, drop heel
59-60 Step left toe beside right, drop heel

REPEAT