

In A Flash

拍数: 76 墙数: 4 级数: Improver
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音乐: Wastin' Time With You - Ann Williamson



HEEL SPLITS, RIGHT AND LEFT HEEL TOUCHES

- 1 Taking weight on toes, fan heels out.
- 2 Return heels to place
- 3 Taking weight on toes, fan heels out
- 4 Return heels to place.
- 5 Touch right heel forward
- 6 Step right beside left
- 7 Touch left heel forward
- 8 Step left beside right

HEEL SPLITS, RIGHT AND LEFT HEEL TOUCHES

- 9-16 Repeat counts 1-8

RIGHT GRAPEVINE WITH SCUFF, LEFT GRAPEVINE WITH ¼ TURN TO LEFT AND TOUCH.

- 17 Step right to right side
- 18 Cross left behind right
- 19 Step right to right side
- 20 Scuff left beside right
- 21 Step left to left side
- 22 Cross right behind left
- 23 Step left to left side turning ¼ left
- 24 Touch right beside left

SHIMMY FORWARD AND BACKWARDS.

- 25-28 Step diagonally forward with right foot and shimmy shoulders forward touching left toe behind right foot
- 29-32 Step back diagonally left and shimmy shoulders back touching right foot beside left

¼ TURNS "STEPPING & TOUCHING"

- 33-36 Keeping weight on left foot, step right foot forward swivel a ¼ turn to the left on ball of left foot, touch right foot beside left.
- 37-40 Repeat steps 33-36
- 41-44 Repeat steps 37-40
- 45-48 Repeat steps 41-44

You should have completed a full turn during steps 33-48.

WALKING FORWARD, LEFT TOE TAP AND TIP HAT

- 49 Step forward right
- 50 Step forward left
- 51 Step forward right
- 52 Touch left toe behind right heel (and tip hat)

This is a bouncy type of walk with attitude.

WALK BACK, STOMP RIGHT FOOT

- 53 Step back left
- 54 Step back right
- 55 Step back left

56 Stomp right beside left

RIGHT AND LEFT TOE FANS

- 57-60 Fan right toe to right side. Replace right toe to center. Fan right toe to right side. Replace right toe to center
- 61-64 Fan left toe to left side. Replace left toe to center. Fan left toe to left side. Replace left toe to center
- 65-68 Fan right toe to right side. Replace right toe to center. Fan left toe to left side. Replace left toe to center

TWO ½ PIVOT TURNS LEFT, STOMPS AND CLAPS

- 69 Step forward on right foot
- 70 ½ pivot turn left
- 71 Step forward right
- 72 ½ pivot turn left
- 73 Stomp right foot beside left
- 74 Stomp left foot beside right
- 75-76 Clap hands together twice

REPEAT
