

Highland

拍数: 32 墙数: 4 级数: Improver
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音乐: Highland - One More Time



IRISH JIG, TRIPLE STEP IN PLACE, IRISH JIG, TRIPLE STEP IN PLACE

& Right foot cross in front of left leg at knee-level
1&2 Triple step in place right-left-right
& Left foot cross in front of right leg at knee-level
3&4 Triple step in place, left-right-left

IRISH REEL (REVERSED RUNNING MAN)

5 Right foot step behind left foot
& Left foot hitch, right foot scoots forward
6 Left foot step behind right foot
& Right foot hitch, left foot scoots forward
7 Right foot step behind left foot
& Left foot hitch, right foot scoots forward
8 Left foot step behind right foot

¼ TWIST RIGHT, ¼ TWIST LEFT, ¼ TWIST RIGHT, COASTER STEP

9&10 Twist heels ¼ right, twist heels ¼ left, twist heels ¼ right
11&12 Left foot step back, right foot step next to left foot, left foot step forward

FULL TURN TO THE LEFT WITH 4 PADDLE TURNS

13 Push with ball of right foot
& Turn ball left foot ¼
14 Push with ball of right foot
& Turn ball left foot ¼
15 Push with ball of right foot
& Turn ball left foot ¼
16 Push with ball of right foot
& Turn ball left foot ¼

CROSS OVER, POINT 4 X

17 Right foot cross over left foot
18 Left foot point toe right
19 Left foot cross over right foot
20 Right foot point toe left
21-24 Repeat 17-20

JAZZ TRIANGLE, HOP, STOMP

25 Right foot cross over left foot
26 Left foot step back
27 Right foot step next to left foot
&28 Hop 2 times back on right foot, while toe of left foot points backwards
29 Left foot step forward
30 Right foot step next to left foot (weight stays on left foot)
31 Right foot tap heel to front
32 Right foot stomp next to left

REPEAT

Stretch arms in paddle turns and look in the direction of movement.

Styling 17-24: cross arms in front of body and open arms up while pointing toes, at the same time look in the direction of pointed toes
