

Hit & Run

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: ultra Beginner east coast swing
编舞者: Danny Leclerc (CAN)
音乐: Hit and Run - Peter Myles



Festival PLEUMEUR BODOU Côtes d'Armor France, 15, 16 et 17 juillet 2005 1st Position UCWDC Montreal
Grand-Prix May 2005 (Newcomer Choreography)

TOE STRUT, TOE STRUT, WALK

1-2 Left toe strut forward
3-4 Right toe strut forward
5-8 Walk forward left-right-left-right
Toe strut: step on ball and drop heel with emphasis

TOE STRUT, TOE STRUT, WALK

1-2 Left toe strut backward
3-4 Right toe strut backward
5-8 Walk backward left-right-left-right

SIDE LEFT, TOGETHER, SIDE LEFT, TAP, SIDE RIGHT, TOGETHER, SIDE RIGHT, TAP

1-2 Step left to side, step right together
3-4 Step left to side, touch right together
5-6 Step right to side, step left together
7-8 Step right to side, touch left together

SIDE LEFT, TAP, SIDE RIGHT, TAP, SIDE, TOGETHER, SIDE ¼ LEFT, TOGETHER

1-2 Step left to side, touch right together
3-4 Step right to side, touch left together
5-6 Step left to side, step right together
7-8 Step left to side turning ¼ left, step right together

REPEAT
