

Groovy Moves

拍数: 64 墙数: 4 级数:
编舞者: Kay Romero (USA)
音乐: Blueboy - John Fogerty



FORWARD, SIDE, TRIPLE STEP

1-2 Touch right toe forward, slide right toe to right side
3&4 Triple step forward (right-left-right)
5-6 Touch left toe forward, slide left toe to left side
7&8 Triple step forward (left-right-left)

KICK, STEP, POINT, STEP, KICK, STEP, ¼ TURN, CROSS

1-2 Kick right foot forward, step right foot back
3-4 Touch left toe back, step left foot forward
5-6 Kick right foot forward, step right foot back
7-8 Step left foot ¼ turn left, cross/step right foot in front of left foot

SIDE TRIPLE, CROSS, ¼ TURN, COASTER STEP, SIDE TRIPLE

1&2 Left side triple (left-right-left)
3-4 Cross/step right foot in front of left foot, step left foot back into ¼ turn right
5&6 Coaster step: step right foot back, step left foot together, step right foot forward
7&8 Left side triple (left-right-left)

ROCK, STEP, RIGHT SIDE TRIPLE, ROCK, STEP, POINT, CROSS

1-2 Rock back on right foot, step left foot in place
3&4 Right side triple (right-left-right)
5-6 Rock back on left foot, step right foot in place
7-8 Point left foot to left side, cross/step left foot forward in front of right foot

POINT, CROSS, POINT, CROSS, SIDE, TURN, SIDE, TOE BACK

1-2 Point right foot to right side, cross/step right foot forward in front of left foot
3-4 Point left foot to left side, cross/step left foot forward in front of right foot
5-6 Touch right foot to right side, pivot ½ turn right on ball of left foot and step right foot together
7-8 Touch left toe to side, extend/touch left foot back

TRIPLE FORWARD, STEP, KICK ½ TURN, WALK BACK, BACK, BACK, BACK & CROSS OVER

1&2 Triple forward (left-right-left)
3 Step right foot forward
4 Karate kick: kick left foot forward making ½ turn right on ball of right foot and kick left foot backward
5-7 Walk back (left-right-left)
&8 Step right foot back, cross/step left foot over right foot

¼ TURN LEFT, ½ TURN LEFT, TRIPLE FORWARD, ROCK, STEP, COASTER STEP

1-2 Step right foot back into ¼ turn left, step left foot back into ½ turn left
3-4 Triple forward (right-left-right)
5-6 Rock forward on left foot, step back on right foot
7&8 Coaster step: step left foot back, step right foot together, step left foot forward

WALK 2, FORWARD, TOGETHER, BACK, STEP BACK, BACK, COASTER STEP

1-2 Walk forward right, left

3&4 Step right foot forward, step left foot together, step right foot back

5-6 Walk back left, right

Or full turn to the right stepping back with left foot starting the turn and finish the turn by spinning on the ball of the right foot

7&8 Coaster step: step left foot back, step right foot together, step left foot forward

PUSH STEPS

1 Small step right foot forward as if pushing ball of right foot into the floor

2 Step down on right foot in place

3 Small step left foot forward as if pushing ball of left foot into the floor

4 Step down on left foot in place

5 Small step right foot forward as if pushing ball of right foot into the floor

6 Step down on right foot in place

7 Small step left foot forward as if pushing ball of left foot into the floor

8 Step down on left foot in place

REPEAT
