

Hale Bop

拍数: 48 墙数: 4 级数:
编舞者: David Stretch & Karen Stretch
音乐: One Dance with You - Vince Gill



RIGHT STRUT, TAP, TAP, LEFT STRUT, TAP, TAP

1-2 Right heel forward, slap toes down
3-4 Keeping right toe on ground, tap right heel twice
5-6 Left heel forward, slap toes down
7-8 Keeping left toe on ground, tap left heel twice

STEP FORWARD, ROCK BACK, STEP BACK, ROCK FORWARD, STEP, ½ TURN, STEP, ¼ TURN

9-10 Step forward right, rock back on left
11-12 Step back right, rock forward on left
13-14 Step forward right, pivot ½ turn to left
15-16 Step forward right, pivot ¼ turn to left (you should now be facing the wall originally on your right)

FOUR TOE STRUTS MOVING FORWARD RIGHT, LEFT, RIGHT, LEFT

17-18 Place right toe forward, bring heel down
19-20 Place left toe forward, bring heel down
21-24 Repeat steps 17-20

To add styling to this dance, snap fingers every time your heel comes down.

TOUCH RIGHT TOE FORWARD, HOLD, SWITCH TOES, HOLD, JUMPING JACK ½ TURN

25-26 Touch right toe forward, hold (styling: look down to floor)
27-28 Quickly bring right foot back home as you touch left toe forward, hold (styling: look straight ahead)
29 Jump, landing with feet shoulder width apart
30 Jump, landing with right leg accross left
31 Unwind, making ½ turn to the left
32 Hold

RIGHT HEEL FORWARD, LEFT HEEL FORWARD, RIGHT HEEL FORWARD, LEFT TOE BACK, SCOOT FORWARD RIGHT TWICE

33-34 Touch right heel forward, bring back in place
35-36 Touch left heel forward, bring back in place
37&38 Touch right heel forward, bring back in place, touch left toe back
39-40 Scoot forward right twice (styling: pretend you are playing the guitar)

STEP FORWARD LEFT, TOUCH RIGHT, STEP BACK RIGHT, TOGETHER LEFT, RIGHT KNEE ROLL, LEFT KNEE ROLL

41-42 Step forward on left, touch right foot next to left
43-44 Step back on right, bring left foot back together with right
45-46 Roll right knee to the right
47-48 Roll left knee to the left

REPEAT