

Get Ready

拍数: 48 墙数: 2 级数:
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音乐: Honky Tonk Mood - Bill Hanff



TOE STRUTS

- 1-4 Step forward on right toe, bring right heel down, step across right foot on left toe, bring left heel down.
5-8 Step back on right toe, bring right heel down, step to left side on left toe, bring left heel down.

KICK BALL CHANGE, STEP TOUCH, LEFT GRAPEVINE WITH ½ TURN

- 1&2 Kick right foot forward, step together on ball of right foot, change weight to left foot.
3-4 Step forward on right foot, touch left toe behind and to right side of right foot.
5-8 Step left foot to left side, step right foot behind left, step left foot to left side while turning ½ to the left, scuff right heel forward.

SHUFFLE RIGHT, ROCK FORWARD SHUFFLE LEFT, ROCK BACK

- 1&2 Shuffle forward right, left, right.
3-4 Rock forward on left foot, recover on right foot.
5&6 Shuffle back left, right, left.
7-8 Rock back on right foot, rock forward on left foot.

PADDLE TURNS

- 1-4 Step forward on right foot, pivot ¼ turn to the left, step forward on right foot, pivot ¼ turn to the left.

GRAPEVINE (WEAVE)

- 1-4 Step to right side on right foot, step left foot behind right, step right foot to right side, step left foot across right.
5-8 Step right foot to right side, step left foot behind right, step right foot to right side, step forward on left foot.

HEEL, TOE, STEP, PIVOT

- 1-4 Touch right heel forward, touch right toe back, step forward on right foot, pivot ½ turn to the left.

TRIPLE RIGHT, ROCK, TRIPLE LEFT, ROCK

- 1&2 Step right foot to right side, step left together, step right foot to right side.
3-4 Rock back on left foot, rock forward on right foot.
5&6 Step left foot to left side, step right together, step left foot to left side.
7-8 Rock back on right, rock forward on left.

REPEAT
