

The 4 X 4

拍数: 46 墙数: 4 级数:
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音乐: Pickup Man - Joe Diffie



HEEL TOUCHES, HEEL TAPS

- 1 Touch right heel forward and diagonally to the right
- 2 Step right foot next to left
- 3 Touch left heel forward and diag to the left
- 4 Step left foot next to right
- 5 Touch right heel forward and diagonally to the right
- 6 Step right foot next to left
- 7-8 Tap left heel forward and diagonally to the left twice

HIP BUMPS, HIP ROLL

- 9-10 Step down onto left foot and bump hips to the left twice
- 11-12 Bump hips to the right twice
- 13-16 Slowly roll hips from right to left on these four counts

VINE RIGHT, TOUCH, LEFT KICK BALL CHANGES

- 17 Step to the right on right foot
- 18 Cross left foot behind right and step
- 19 Step to the right on right foot
- 20 Touch left foot next to right
- 21 Kick left foot forward
- & Step onto ball of left foot next to right foot
- 22 Shift weight onto right foot
- 23&24 Repeat beats 21&22

VINE LEFT, TOUCH, RIGHT KICK BALL CHANGES

- 25 Step to the left on left foot
- 26 Cross right foot behind left and step
- 27 Step to the left on left foot
- 28 Touch right foot next to left
- 29 Kick right foot forward
- & Step onto ball of right foot next to left foot
- 30 Shift weight onto left foot
- 31&32 Repeat counts 29&30

MILITARY PIVOTS TO THE LEFT, STOMP HOLD & CLAP

- 33 Step forward on right foot
- 34 Pivot ½ turn to the left on right foot and shift weight to left foot
- 35-36 Repeat counts 33&34
- 37 Stomp right foot next to left
- 38 Hold and clap hands

SIDE SHUFFLES, ROCK STEPS

- 39&40 Shuffle sideways to the right (right-left-right)
- 41 Cross left foot behind right and step
- 42 Rock forward onto right foot

43&44 Shuffle sideways to the left (left-right-left)
45 Cross right foot behind left and step
46 Rock forward onto left foot

REPEAT
