

Four Quarters

拍数: 32 墙数: 4 级数: Intermediate
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& Lynn Warden (CAN)
音乐: 1000 Miles From Nowhere - Dwight Yoakam



Dedicated to The Four Tops, The Four Seasons, The Fab Four and The Four Major Food Groups

FORWARD SHUFFLE, ROCK-STEP, ½ TURNING SHUFFLE, STEP FORWARD, ½ TURN

After first time through the dance, each time thereafter, start the dance by ¼ turning to the right as you shuffle forward, thus making this a four-wall dance

1&2 Shuffle forward: right, left, right
3-4 Rock forward on left foot, step back in place on right foot
5&6 ½ turning shuffle, turning left: left, right, left
7-8 Step forward on right foot, step ½ turn left onto left foot

TRAVELING KICK-BALL-CHANGES, TRAVELING PENDULUMS, HOLD

1&2 Kick right foot forward, step ball of right foot in place, step forward on left foot
3&4 Kick right foot forward, step ball of right foot in place, step forward on left foot
5&6 Point right toes to right side, step back on ball of right foot, point left toes to left side
&7 Quickly step back on ball of left foot, point right toes to right side
8 Hold for one beat

SAILOR SHUFFLES, ROCK-STEP, KICK-STEP-CROSS

1&2 Cross and step right foot behind left foot, step side left on left foot, step right foot in place
3&4 Cross and step left foot behind right foot, step side right on right foot, step left foot in place
5-6 Rock back onto right foot, step forward in place on left foot
7&8 Kick the right foot forward, step ball of right foot home, cross and step left foot over right foot

MAMBO STEPS IN PLACE

1&2 Rock side right onto right foot, rock side left onto left foot, step right beside left
3&4 Rock side left onto left foot, rock side right onto right foot, step left beside right
5&6 Rock forward onto right foot, step left foot in place, step right foot beside left foot
7&8 Rock back onto left foot, step right foot in place, step left foot beside right foot

REPEAT
