

4-Seasons

拍数: 48 墙数: 0 级数:
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音乐: Girl For All Seasons - Cast Of Grease II



Position: Lines facing each other approximately one arm length apart, front and side

DIAGONAL STEP-TOUCHES, STEP FORWARD, TOUCH

- 1 Step forward and diagonally to the left on left foot
- 2 Touch right foot next to left
- 3 Step back and diagonally to the right on right foot
- 4 Touch left foot next to right
- 5 Step back and diagonally to the left on left foot
- 6 Touch right foot next to left
- 7 Step forward on right foot
- 8 Touch left foot next to right

On each of the above foot touches, push up slightly to achieve a bounce effect

TURN, TRIPLE VINE LEFT, TURN, TOUCH

Lines now switch sides

- & Pivot $\frac{1}{4}$ turn to the right on ball of right foot
- 9 Step to the left on left foot
- 10 Cross right foot behind left heel and step
- 11 Step to the left on left foot
- 12 Cross right foot behind left heel and step
- 13 Step to the left on left foot
- 14 Cross right foot behind left heel and step
- & Pivot $\frac{1}{4}$ turn to the right on ball of right foot

Lines have now switched sides

- 15 Step to the left on left foot
- 16 Touch right foot next to left

LOCK STEPS, TURN, TOGETHER

Lines again switch sides.

- 17 Step forward on right foot slightly across left foot
- 18 Slide left foot up and to other side of right heel while popping right heel up off of floor
- 19 Step forward on right foot
- 20 Slide left foot up and to other side of right heel while popping right heel up off of floor
- 21 Step forward on right foot
- 22 Slide left foot up and to other side of right heel while popping right heel up off of floor
- 23 Step forward on right foot making a $\frac{1}{4}$ turn to the right with the step
- 24 Step left foot next to right

Lines have returned to original positions, but facing opposite directions

STEP-TOE TAPS, TURN, TOE TAP

- 25 Step forward on right foot
- 26 Tap left toe slightly to the left
- 27 Step forward on left foot
- 28 Tap right toe slightly to the right
- 29 Step forward on right foot
- 30 Tap left toe slightly to the left
- 31 Step forward on left foot making a $\frac{1}{4}$ turn to the right with the step

Lines have now turned to face each other

32 Tap right toe slightly to the right

ROLLING TURN RIGHT, SWAY DOWN, SWAY UP

33 Step to the right on right foot and begin a full turn to the right traveling to the right

34 Step on left foot and continue full traveling turn to the right

35 Step on right foot and complete full traveling turn to the right

36 Step left foot next to right

Option: while executing the above rolling turn, place left hand on right shoulder on beat 34, then place right hand on left shoulder on beat 36. Hold this pose through the following beats 37 through 40

37 Sway knees to the left and wiggle down

38 Sway knees to the right and wiggle down

39 Sway knees to the left and wiggle up

40 Sway knees to the right and wiggle up

Discontinue pose

TURNS

41 Step back on ball of right foot making a $\frac{1}{4}$ turn to the right with the step

42 Step forward on left foot

43 Step down on right foot in place making a $\frac{1}{4}$ turn to the right with the step

44 Step forward on left foot

45 Step down on right foot in place making a $\frac{1}{4}$ turn to the right with the step

46 Step forward on left foot

47 Step down on right foot in place making a $\frac{1}{4}$ turn to the right with the step

48 Touch left foot next to right

Option: while executing these turning movements, rotate hips to the right in a circular motion (one full circle for every two beats)

REPEAT
