

Fifteen Seconds

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Carol Mckee (AUS)
音乐: Fifteen Seconds - Roger Brown & Swing City



STOMP FORWARD, FAN, STOMP FORWARD, FAN, STOMP DROP HEEL, TOE DROP HEEL

1&2& Stomp right forward toe facing in, fan toe out, fan toe in, fan toe out
3&4& Stomp left forward toe facing in, fan toe out, fan toe in, fan toe out
5& Stomp right forward 45 degrees lifting left heel at same time, drop left heel
6& Step right toe behind left lifting left heel at same time, drop left heel
7& Stomp right forward 45 degrees lifting left heel at same time, drop left heel
8& Step right toe behind left lifting left heel at same time, drop left heel

ROCK STEP CROSS, SIDE TOGETHER SIDE, SIDE TOGETHER SIDE, TRIPLE STEP full turn RIGHT

9&10 Rock right on right toe, step on left, cross right over left
11&12 Step left to left, slide right to left, step left to left
13&14 Step right to right, slide left to right, step right to right
15&16 Triple step on the spot turning full turn right (full turn)

BEHIND & CROSS, COASTER, SHUFFLE, HEEL & TOE

17&18 Cross right behind left, step left to left, step right across left
19&20 Step back left, step back right together, step forward left
21&22 Shuffle forward right -left -right
&23&24 Step back left, touch right heel forward 45 degrees, step right over left, touch left toe behind right (travel left)

HEEL & TOE, HEEL & TOE, STOMPS, SIDE TOGETHER SIDE, TRIPLE STEP ¾ turn RIGHT

&25&26 Step back left, touch right heel forward 45 degrees, step right over left, touch left toe behind right (travel left)
&27&28 Step back left, touch right heel forward, stomp right, stomp left
29&30 Step right to right, slide left to right, step right to right
31&32 Triple step on spot turning ¾ turn right (¾ turn)

REPEAT

TAG

At the end of the 6th time through dance, start after 2nd bracket of instrumentals

1-4 Stomp right forward 45 degrees, hold 3 beats
5- Stomp left forward 45 degrees, hold 3 beats

1-4 Stomp right forward 45 degrees, hold 3 beats
5& Stomp left, scuff right forward lifting left heel at same time
6& Drop left heel, touch right heel forward lifting right foot at same time, lifting left heel at same time
7& Drop left heel, stomp right
8 Stomp left