

First Pitch

拍数: 40 墙数: 2 级数: Intermediate/Advanced
编舞者: Roger Lee & Renée Mootrey
音乐: The City Put the Country Back In Me - Neal McCoy



CROSS, UNWIND, SHUFFLE, CROSS, UNWIND, SHUFFLE

- 1-2 Cross right over left, & unwind to the left to face front again - keeping weight on left
- 3-4 Shuffle in place (right left right)
- 5-6 Cross left over right, & unwind to the right to face front again - keeping weight on right
- 7-8 Shuffle in place (left right left)

SHUFFLE, SHUFFLE, BACKWARDS RUNNING MAN

- 1-2 Shuffle forward (right left right)
- 3-4 Shuffle forward (left right left)
- &5 Slide left back while hitching right, place right next to left (putting weight on right)
- &6 Slide right back while hitching left, place left next to right (putting weight on left)
- &7 Slide left back while hitching right, place right next to left (putting weight on right)
- &8 Slide right back while hitching left, place left next to right (putting weight on left)

SIDE KICKS WITH A HITCH (OR SIDE TOUCHES WITH A HITCH)

The following kick steps are to be similar to a low karate style kick (or, to simplify, just do a toe touch instead of the kick)

- 1& Kick right to right side, bring right home (weight on right)
- 2& Kick left to left side, bring left home (weight on left)
- 3& Kick right to right side, hitch right knee
- 4 Step right home
- 5& Kick left to left side, bring left home (weight on left)
- 6& Kick right to right side, bring right home (weight on right)
- 7& Kick left to left side, hitch left knee
- 8 Step left home

CROSS, $\frac{3}{4}$ UNWIND, CLAP, JUMP, JUMP, $\frac{1}{2}$ MONTEREY TURN - WITH A CROSS

- 1-2 Cross right over left, and unwind $\frac{3}{4}$ to the left
- 3&4 Clap hands, jump forward on both feet (scoot), jump forward on both feet (scoot)
- 5 Touch right to right side
- 6 While turning $\frac{1}{2}$ to the right, bring right next to left, and place weight on right
- 7 Touch left to left side
- 8 Cross left over right, and place weight on left

TOUCH, HITCH, STEP, KICK, BACK, BACK, LEFT COASTER STEP

- 1 Touch right to right side
- 2 Hitch right while turning $\frac{1}{4}$ turn to the left
- 3 Step down onto right
- 4 Kick left forward
- 5 Step back left
- 6 Step back right
- 7&8 Step back left, step right next to left, step forward left

REPEAT