The Flight Of The Hawk

级数: Intermediate

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音乐: The Spirit of the Hawk - Rednex

BACK, GRAPEVINE, HEEL TOUCH, SIDE, CROSS, HOLD, CROSS SHUFFLE

- Step back on left foot &
- 1-2-3 Step right to right side; cross left behind right; step right to right side
- Touch left heel forward and slightly to left 4
- &5 Step left to left side; cross right in front of left
- 6 Hold
- &7&8 Step left to left side; cross right in front of left; step left to left side; cross right in front of left

HEEL SWITCHES, SIDE TOE TOUCHES, STEP FORWARD, HOLD, SHUFFLE FORWARD

- &1&2 Step left next to right; touch right heel forward; step right next to left; touch left heel forward
- &3&4& Step left next to right; touch right toe to right side; step right next to left; touch left toe to left side; step left next to right
- 5-6 Step forward on right; hold
- Step forward on left; close right up to left; step forward on left 7&8

VAUDEVILLE STEPS, ½ TURN RIGHT WITH BODY ROLL, SIDE SHUFFLE ¼ TURN RIGHT

- Step right foot back; touch left heel forward; step left foot back; cross step right foot over left &1&2
- &3&4 Step left foot back; touch right heel forward; step right foot back; cross step left foot over right
- 5-6 Keeping weight on left leg rotate hips to the left (body roll) and turn 1/2 turn right on balls of the feet, at the end right touch slightly forward
- 7&8 Step right to right side; step left next to right; turn 1/4 right step forward on right

PIVOT 1/2 TURN RIGHT, SHUFFLE FORWARD, SYNCOPATED OUT-OUT IN-IN STEPS WITH HOLDS AND CLAPS

- 1-2 Step forward on left; pivot 1/2 turn right
- 3&4 Step forward on left; close right up to left; step forward on left
- &5 Step right slightly to right side; step left slightly to left side; (now feet shoulder apart)
- 6 Hold and clap hands
- &7 Step right back to center; step left next to right
- Hold and clap hands 8

REPEAT

TAG

At the 3rd and 7th time change the last 4 counts with following 4 counts:

OUT-OUT STEPS WITH HOLDS AND ARM MOTION

5 Step right slightly to right

Bend right arm at elbow, with stretched showing and middle finger touch on left shoulder (Red Indian greeting)

6 Hold (keeping weight on right)

Stretch the right arm, with stretched showing and middle finger, to the front out (Red Indian greeting) 7-8 Hold (keeping weight on right)

Close arms in front of chest, right arm over left arm (Red Indian greeting), stretch the arms down at the end





墙数:4

拍数: 32