

Extra Crispy

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Memphis Women & Chicken - T. Graham Brown



HEEL TWIST, STEPS, HOLDS

- 1-2 On ball of feet twist heels ¼ turn right, left taking weight
- 3-4 Step right forward, hold
- 5-6 Step left beside right, hold
- 7-8 Step right forward, hold

URNS, STEPS, SCUFFS

- 1-2 ¼ turn left, step left forward, scuff right
- 3-4 Step right forward, ¼ turn left, scuff left
- 5-6 Step left forward, ¼ turn left, scuff right
- 7-8 Step forward right, scuff left

STEPS, POINTS

- 1-4 Step forward left, right, left, point right toe right
- 7-8 Step back right, left, right, point left toe left

STEP SLIDES, CLAPS

- 1-4 Step left diagonally forward, slide right beside left, clap
- 5-8 Step right diagonally back, slide left beside right, clap

HEEL DROPS, KNEE BENDS, TOE STRUTS

- 1 Drop left heel, lift right heel knee bent
- 2 Drop right heel, lift left heel knee bent
- 3 Drop left heel, lift right heel knee bent
- 4 Drop right heel, lift left heel knee bent
- 5-6 Left toe forward, drop heel
- 7-8 Right toe forward, drop heel

ROCK, TURNING SAILOR SHUFFLE, SAILOR SHUFFLES

- 1-2 Rock left to left, weight back to right
- 3&4 Make ¼ turn right while stepping left behind right, step right to right, step left to place 5&6 cross right behind left, step left to left, step right to place
- 7&8 Cross left behind right, step right to right, step left to place start over

REPEAT
