

Fast Steppin'

拍数: 32 墙数: 4 级数: Beginner
编舞者: Glynn Rodgers (UK)
音乐: Hot Dog - Shakin' Stevens



4 X BACK TOE STRUTS, RIGHT, LEFT, RIGHT, LEFT

Moving back each strut

1-2 Touch right toe back, drop heel
3-4 Touch left toe back, drop heel
5-6 Repeat counts 1-2
7-8 Repeat counts 3-4

COASTER STEP, LOCK STEP, HEEL, HOOK, HEEL, STEP IN PLACE

1&2 Step back right, close left to right, step right forward
3&4 Step left forward, lock right behind left, step left forward
5-6 Dig right heel forward, hook right leg in front of left
7-8 Dig right heel forward, step right foot in place

SIDE, CLOSE, HEEL, HOOK, HEEL, HOOK, STEP TURN, CLOSE

1-2 Step right foot to right side, close left to right
3-4 Dig left heel forward, hook left leg in front of right
5-6 Repeat counts 3-4
7-8 Step forward left turning a $\frac{1}{4}$ over left shoulder, close right to left

GRAPEVINE, HEEL, GRAPEVINE & TOUCH

1-2 Step right to right side, step left behind right
3-4 Step right foot to right side, touch left heel forward
5-6 Step left foot to left side, step right behind left
7-8 Step left foot to left side, touch right toe beside left

REPEAT
