

Fast Track

拍数: 32 墙数: 2 级数: Beginner
编舞者: Rosalee
音乐: Rolling in My Sweet Baby's Arms - Boxcar Willie



RIGHT TOE TOUCH, STEP FORWARD; LEFT TOE TOUCH, STEP FORWARD; (REPEAT)

1-2 Right toe touch to the right, step forward on right
3-4 Left toe touch to the left, step forward on left
5-6 Right toe touch to the right, step forward on right
7-8 Left toe touch to the left, step forward on left

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

1-2 Right toe back, bring heel to the floor
3-4 Left toe back, bring heel to the floor
5-6 Right toe back, bring heel to the floor
7-8 Left toe back, bring heel to the floor

RIGHT VINE WITH HALF TURN AND HITCH; LEFT VINE WITH TOUCH

1-2 Step right to side, cross-step left behind right
3-4 Step right to the side with $\frac{1}{4}$ turn right, complete half turn and hitch left foot
5-6 Step left to the side, cross-step right behind left
7-8 Step left to the side, touch right beside left

PADDLE TURNS X 4

1-2 Right foot step forward, pivot $\frac{1}{4}$ turn to the left (on balls of both feet)
3-4 Right foot step forward, pivot $\frac{1}{4}$ turn to the left (on balls of both feet)
5-6 Right foot step forward, pivot $\frac{1}{4}$ turn to the left (on balls of both feet)
7-8 Right foot step forward, pivot $\frac{1}{4}$ turn to the left (on balls of both feet)

REPEAT
