

Enchanted

拍数: 56 墙数: 0 级数:
编舞者: Suzette Nelson (CAN)
音乐: Open Road - Rawlings Cross



CROSS-TOUCHES & KICKS

- 1-2 Cross and touch right toe over left foot, kick right foot forward on 45 degree right angle
&3-4 Quickly step right foot home, cross and touch left toe over right foot, kick left foot forward on 45 degree left angle
&5-6 Quickly step left foot home, cross and touch right toe over left foot, kick right foot forward on 45 degree right angle
&7-8 Quickly step right foot home, cross and touch left toe over right foot, kick left foot forward on 45 degree left angle

DWIGHT SWIVELS, HIP BUMPS

- &9 Quickly step left foot home, swivel left heel to the right while touching right toe into left instep
10 Swivel left toes to the right while touching right heel slightly forward
11&12 Step right foot to the right side and bump hips right, bump hips left, bump hips right
13 Swivel right heel to the left while touching left toes to the right instep
14 Swivel right toes to the left while touching left heel slightly forward
15&16 Step left foot to the left side and bump hips left, bump hips right, bump hips left

TWO SHUFFLES FORWARD, FULL TURN, SHUFFLE FORWARD

- 17&18 Shuffle forward right-left-right
19&20 Shuffle forward left-right-left
21-22 Step forward on right foot, full turn to the left, stepping on left on completion of turn
23&24 Shuffle forward right-left-right

HEEL JACKS MOVING BACK

- 25 Touch left heel forward
&26 Quickly step back on the left foot, step right foot beside left foot
&27 Quickly step back on the left foot, touch right heel forward
&28 Quickly step back on the right foot, step left foot beside right foot
&29 Quickly step back on right foot, touch left heel forward
&30 Quickly step back on the left foot, step right foot beside left foot
&31 Quickly step back on the left foot, touch right heel forward
&32 Quickly step back on the right foot, step left foot beside right foot

PENDULUM SWINGS & TURNS

- 33 Touch right toes out to right side
&34 Quickly step right foot home, touch left toes out to left side
&35 Quickly step left foot home, touch right toes out to right side
&36 On the ball of left foot, quickly pivot ½ turn to the right, hitching the right knee (&), touch right toes to right side (36)

&37 Quickly step right foot home, touch left toes out to left side
&38 Quickly step left foot home, touch right toes out to right side
&39 Quickly step right foot home, touch left toes out to left side
&40 On the ball of right foot, quickly pivot ¼ turn to the left, hitching the left knee, step left foot beside right foot

SIDE SHUFFLES & ROCK-STEPS

41&42 Side shuffle to the right right-left-right
43-44 Rock back on left foot, step forward in place on right foot
45&46 Side shuffle to the left left-right-left
47-48 Rock back on right foot, step forward in place on left foot

WALK FORWARD, COASTER-STEP; WALK BACK, COASTER-STEP

49-50 Walk forward on right foot, walk forward on left foot
51&52 Step forward on right foot, quickly step left foot forward beside right foot, step back on right foot
53-54 Walk back on left foot, walk back on right foot
55&56 Step back on left foot, quickly step right foot back beside left foot, step forward on left foot

REPEAT
