

Eight Seconds

拍数: 32 墙数: 2 级数: Improver
编舞者: Marisa Klompaker (NL)
音乐: Gimme 8 Seconds - Toby Keith



WALK, WALK, MAMBO-STEP, STEP SLIDE, HEEL JACK WITH SWEEP

- 1 Right foot step forward
- 2 Left foot step forward
- 3 Right foot rock forward
- & Replace weight on left foot
- 4 Touch right foot next to left
- 5 Right foot big step back
- 6 Slide left foot next to right foot
- & Right foot step back
- 7 Touch left heel forward
- & Replace weight on left foot
- 8 Sweep with right foot

SAILOR STEP, BEHIND & CROSS, SIDE MAMBO-STEP, STEP SLIDE

- 1 Step right foot behind left foot
- & Step left foot to the left side
- 2 Step right foot to the right side
- 3 Cross left foot behind right foot
- & Step right foot to the right side
- 4 Cross left foot in the front of right foot
- 5 Rock right foot to the right side
- & Replace weight on left foot
- 6 Touch right foot next to left foot
- 7 Step right foot back
- 8 Slide left foot next to right foot

KICKBALL-TOUCH, KICKBALL-TOUCH, ROCK-STEP, STEP TURN

- 1 Right foot kick forward
- & Right foot step next to left foot
- 2 Left toes touch forward
- 3 Left foot kick forward
- & Left foot step next to right foot
- 4 Right toes touch forward
- 5 Right foot rock forward
- 6 Replace weight on left foot
- 7 Right foot step back
- 8 Left foot step to left side with a quarter turn to the left

ROCK-STEP, COASTER-STEP OUT-OUT, HOLD, HOLD, SLIDE (WITH ARM MOVEMENTS), TURN

- 1 Right foot rock forward
- 2 Replace weight on the left foot
- 3 Step right foot back
- & Step left foot next to right foot
- 4 Step right foot forward
- & Step left foot to the left side
- 5 Step right foot to the right side, shoulder wide

- 6 Hold
- 7 Hold (touch your right shoulder with your left hand & your left hip with your right hand)
- & Hold (touch your left shoulder with your left hand & your right hip with your right hand)
- 8 Right foot slide next to left foot
- & Make a quarter turn to the left, weight remains on the left foot

REPEAT
