

Double 10-Step

拍数: 32 墙数: 0 级数:
编舞者: Unknown
音乐: Orange Blossom Special - Mark O'Connor



HEEL, TOUCH, HEEL, STEP

- 1 Touch left heel forward
- 2 Touch left toe beside right
- 3 Touch left heel forward
- 4 Step left beside right

TOE BACK, TOUCH, TOE BACK, STEP

- 5 Touch right toe back
- 6 Touch right toe beside left
- 7 Touch right toe back
- 8 Step right beside left

HEEL SPLITS, JUMPING JACK

- 9 With toes together, spread heels apart
- 10 Return heels to center
- 11 Jump with feet apart
- 12 Jump with feet together

KICK, CROSS, KICK, CROSS

- 13 Kick right forward
- 14 Cross right over left
- 15 Kick right forward
- 16 Cross right over left

KICK, STEP, KICK, CROSS

- 17 Kick right forward
- 18 Step right beside left
- 19 Kick left forward
- 20 Cross left over right

KICK, CROSS, KICK, HOP TWICE

- 21 Kick left forward
- 22 Cross left over right
- 23 Kick left forward
- 24& Hop forward on right twice

FOUR POLKAS

- 25&26 Shuffle forward left, right, left
- 27&28 Shuffle forward right, left, right
- 29&30 Shuffle forward left, right, left
- 31&32 Shuffle forward right, left, right

REPEAT
