

# 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

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