

# Double F

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Ros Brander-Stephenson (UK)  
音乐: Wastin' Time With You - Carlene Carter



## TOE KICK CROSS HOLD TWICE

- 1-4            Place right toe to left instep, kick right foot out front, cross right over front of left, place right foot down and hold.  
5-8            Repeat steps 1-4 on the left side

## RIGHT AND LEFT LOCK STEPS BACKWARDS, HOLD

- 9-12           Step back on right, lock left across front of right, step back on right, hold  
13-16          Bring left foot from front of right and step back on left behind right lock right in front of left, step back on left, hold

## STEP, SLIDE CROSS HOLD TWICE

- 17-20          Step right to right side, slide left next to right, cross right over left, hold  
21-24          Repeat steps 17-20 on the left side

## RIGHT VINE, TOE TOUCH TO SIDE, HOLD

- 25-28          Step right foot to right side, cross left foot behind right, step right to right side, touch left next to right  
29-32          Touch left toe out to left side, touch left toe next to right, touch left toe to left side, hold

## LEFT VINE, ¼ TURN LEFT, RIGHT HEEL HOOK TWICE

- 33-36          Step left foot to left side, cross right foot behind left, step foot to left side, and make ¼ turn left, touch right next to left  
37-40          Place right heel on floor, hook in front of left shin, place right heel on floor, hook in front of left shin

## STEP LOCK ½ TURN RIGHT, STEP BACK ON LEFT, RIGHT, LEFT, HOLD

- 41-44          Step forward on right, lock left foot behind right, step forward on right make ½ turn to right with weight on right  
45-48          Step back on left, step back on right, step back on left, hold

## COASTER STEP, WALK FORWARD, TWICE

- 49-52          Step back on right, step left next to right, step right forward, hold  
53-56          Step forward on left, hold, step forward on right, hold  
57-60          step back on left, step right next to left, step left forward, hold  
61-64          Step forward on right, hold, step forward on left, hold

## REPEAT