

Double Trouble

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Baby Likes to Rock It - The Tractors



CROSS STRUTS (FORWARD):

- 1 Cross right foot over left foot
- 2 Hold
- 3 Cross left foot over right foot
- 4 Hold
- 5 Cross right foot over left foot
- 6 Hold
- 7 Cross left foot over right foot
- 8 Hold

ROCK STEPS WITH PIVOTS:

- 9 Rock right foot forward while raising left heel
- 10 Drop left heel
- 11 Rock right foot backwards while raising left heel
- 12 Drop left heel
- 13 Step right foot forward
- 14 Turn ½ turn to the left, shift weight to left foot (anchor)
- 15-16 Repeat steps 13-14

SHIMMIES

- 17 Step right foot to right
- 18 Hold (shimmy shoulders)
- 19 Touch left foot next to right foot
- 20 Hold
- 21 Step left foot to left
- 22 Hold (shimmy shoulders)
- 23 Rock right foot back while raising left heel
- 24 Drop left heel

HEEL DIGS (½ TURN TO THE RIGHT):

- 25 Place right heel forward pointing right toe towards 11:00 and swivel right toe towards 1:00
- 26 Step in place with left foot
- 27 Step back on right toe at 11:00 and swivel right toe towards 3:00 while turning ¼ to the right.
- 28 Step left foot next to right foot (approximately 4")
- 29-32 Repeat steps 25-28

WEAVING VINE WITH CHASSE:

- 33 Cross right foot over left foot
- 34 Step left foot to left
- 35 Cross right foot behind left foot
- 36 Step left foot to left
- 37 Cross right foot over left foot (on beat 37), and bring left foot up to right of right foot (on '&' before beat 38)
- 38 Step right foot to left approximately 4" (on beat 38), and bring left foot up to right of right foot (on '&' before beat 39)
- 39 Step right foot to the left approximately 4"

- 40 Brush left foot forward
- 41 Cross left foot over right foot
- 42 Step right foot to right
- 43 Cross left foot behind right foot
- 44 Step right foot to right
- 45 Cross left foot over right foot (on beat 45), and bring right foot up to left of left foot (on '&' before beat 46)
- 46 Step left foot to left approximately 4" (on beat 46), and bring right foot up to left of left foot (on '&' before beat 47)
- 47 Step left foot to the right approximately 4"
- 48 Brush right foot forward

HOE-DOWN JAZZ SQUARES:

- 49 On '&' before beat 49, hop on left foot . Cross right foot over left foot (on beat 49)
- 50 Step back on left foot
- 51 Step right on right foot
- 52 Brush left foot forward
- 53 On '&' before beat 53, hop on right foot . Cross left foot over right foot (on beat 53)
- 54 Step back on right foot
- 55 Step left on left foot
- 56 Touch right foot next to left foot

SYNCOPATION STEPS:

- 57 Touch right toe to right
- 58 Hold
- 59 On '&' before beat 59, step right foot next to left foot . Touch left toe to left (on beat 59)
- 60 Hold
- 61 On '&' before beat 61, step left foot next to right foot. Touch right foot to right (on beat 61)
- 62 On '&' before beat 58, step right foot next to left foot . Touch left toe to left (on beat 58)
- 63 On '&' before beat 63, step left foot next to right foot. Touch right foot to right (on beat 63)
- 64 Hold

REPEAT
