

Double Trouble

拍数: 32 墙数: 4 级数:
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音乐: Bad Moon Rising - Nashville Cats



RIGHT ROCK FORWARD, RECOVER TURNING ¼ RIGHT, RIGHT & LEFT HEEL SWITCHES, REPEAT TWICE

- 1-2 Step right foot forward and rock forward, recover weight on left foot while turning ¼ right
- 3& Touch right heel forward, step right foot together
- 4& Touch left heel forward, step left foot together
- 5-6 Step right foot forward and rock forward, recover weight on left foot while turning ¼ right (now facing rear wall)
- 7& Touch right heel forward, step right foot together
- 8& Touch left heel forward, step left foot together

LEFT BACK, RIGHT CROSS STEP, LEFT TO LEFT & RIGHT KICK FORWARD, ¼ RIGHT & RIGHT SHUFFLE FORWARD

- &1 Step left foot back, cross step right foot over left
- 2 Step left foot slightly to left side and kick right foot forward at same time (angle body slightly to the right)
- 3&4 Turning ¼ right step right foot forward, step left foot together, step right foot forward

LEFT FORWARD, TWIST HEELS OUT & IN, RIGHT FORWARD, TWIST HEELS OUT & IN

- 1 Step left foot forward
- &2 With feet apart & weight on balls of both feet -- turn heels out, turn heels in (weight ends on left foot)
- 3 Step right foot forward
- &4 With feet apart & weight on balls of both feet -- turn heels out, turn heels in (weight ends on right foot)

LEFT ROCK FORWARD & BACK, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SLIDE RIGHT TOGETHER

- 1-2 Step left foot forward and rock forward, recover weight on right foot
- 3-4 Step left foot back and rock back, recover weight on right foot

Variation: double time the rock steps as follows:

1&2&---step left foot forward and rock forward, recover weight on right foot, step left foot back and rock back, recover weight on right foot

3&4&---repeat 1&2&

- 5-6 Step left foot forward, pivot ½ right
- 7-8 Step left foot forward, slide right foot together keeping weight on left foot

Variation: full turn (turning right and moving forward)

7&8---step left foot forward starting to turn right, step on right continuing turn, step left foot forward completing a full turn moving forward

BOOGIE WALK-SHAKE IT!

- 1&2 Step right foot forward and bump hips right, bump hips left, bump hips right
- 3&4 Step left foot forward and bump hips left, bump hips right, bump hips left
- 5-8 Repeat 1-4

REPEAT