

Double Trouble

拍数: 48 墙数: 4 级数: Intermediate
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音乐: There's Your Trouble - The Chicks



ROCK STEP, ROCK STEP, PIVOT ROCK STEP, PIVOT ROCK STEP

- 1-4 Step left foot forward, replace weight to right foot, step left foot back, replace weight to right foot.
- &5-6 Pivot right ½ turn, step back left foot, replace weight to right foot
- &7-8 Repeat turning grapevine
- 9-12 Step left foot to left, step right foot behind left, step left foot to left turning ¼ left, step right foot forward turning ¼ left
- 13-16 Change weight to left foot turning ¼ left, step right foot forward turning ¼ left (you have now completed 1 full turn), step left foot behind right, step right foot next to left

SHUFFLE STEP, SHUFFLE STEP, STOMP, STOMP, APPLEJACK

- 17&18 Step left foot forward, step right foot next to left, step left foot forward
- 19&20 Step right foot forward, step left foot next to right, step right foot forward
- 21-22 Stomp left foot next to right, stomp right foot
- & With left foot weight on heel and right foot weight on toes move left toes and right heel to the left
- 23 Bring heel & toes back to center and change left foot weight to toes and right foot weight to heel
- & Move right toes & left heel to the right
- 24 Bring heel & toes back to center replacing weight evenly on feet.

TOUCH BACK TURN, TOUCH BACK TURN, TOE HEEL TOE HEEL TOE HEEL. DRAG, STOMP

- 25-28 Touch right toe back, turn ½ to the right, touch right toe back, turn ¼ to the right
- 29& Step right foot to right with toes pointing 1/8 to the right, pivot right heel to the right while dragging left foot slowly towards the right foot
- 30& Pivot right toe to the right & continue dragging left foot (closing the gap between the feet), pivot right heel to the right & continue left foot drag
- 31& Pivot right toe to the right & continue drag, pivot right heel to the right
- 32 Pivot right toe to center while stomping left foot next to the right foot.

STEPS & KICKS & DIXIE CHICK SHIMMY

- 33-34 Step right foot forward, kick left foot forward & clap
- 35-38 Step left foot back, step right foot back, step left foot back, touch right toe back
- 39-42 Step right foot forward, step left foot forward, step right foot forward, kick left foot forward & clap
- 43-44 Step left foot back, step right foot next to the left.
- 45&46&47&48 Start this shimmy by bringing the right shoulder and right fist down on the downbeat and up on the & counts

REPEAT