

Downtown Sundown

拍数: 68 墙数: 4 级数: Intermediate
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音乐: Downtown - Blue Dream



TRIPLE RIGHT, CROSS BEHIND, RECOVER-TRIPLE LEFT, CROSS BEHIND, RECOVER

1&2 Step right foot to right side, left foot step next to right, step right foot right
3-4 Left foot cross behind right foot-rock and recover onto right foot
5&6 Step left foot to left side, right foot step next to left, step left foot left
7-8 Right foot cross behind left foot-rock and recover onto left foot

(RIGHT & LEFT SHUFFLES FORWARD)-- BACKWARD SCOOT, HITCH, STEP (4 TIMES)

9&10 Step forward on right foot, left foot step next to right, right foot step forward
11&12 Step forward on left foot, right foot step next to left, left foot step forward
&13 With weight on left foot, scoot back on ball of foot, hitch right foot and step down with weight on right
&14 Scoot back on ball of right foot, hitch the left and step down on left
&15 Scoot back on ball of left foot, hitch the right and step down on right
&16 Scoot back on ball of right foot, hitch the left and step down on left

As you scoot back on one foot, the other foot will hitch and step down

Option: while scooting & hitching backward, raise both arms to shoulder height(bent at elbows) and "hitchhike" with both hands

17-24 Repeat steps 1-8

RIGHT SHUFFLE FORWARD, STEP FORWARD-RECOVER-TOGETHER, TRAVELING HEEL TWISTS

25&26 Step forward on right foot, left foot step next to right, right foot step forward
27&28 Step forward on left foot, recover on right, left foot next to right with weight on ball of left foot
&29 Step back on ball of right foot, raise heel of left foot and twist inside (to the right)
&30 Step back on ball of left foot, raise heel of right foot and twist to inside (left)
&31 Step back on ball of right foot, raise heel of left foot and twist inside
&32 Step back on ball of left foot, raise heel of right foot and twist inside

Be sure you are traveling as you do these, as you twist the heel to the inside. It should be to the side and slightly ahead of the toe of the opposite foot

Option: while traveling backward, raise arms to shoulder height (bent at elbows) face palms forward with fingers. Spread and wave hands from side to side keeping time with the beat

FULL TURN TO THE RIGHT, ROCK RIGHT, RECOVER, COASTER STEP

33-34 Step ¼ right with right foot -pivot on the ball of the right foot as you complete another ¼ turn to the right-stepping down with weight onto left

You have completed a ½ turn

35-36 Repeat (you have now completed a full turn)
37-38 Step right to right side, rock back, recovering onto left
39-40 Step back on right, step left back next to right, step right foot forward

REPEAT TO THE LEFT

41-42 Step ¼ left with left foot-pivot on the ball of the left foot as you complete another ¼ turn to the left-stepping down with weight onto right.
43-44 Repeat
45-46 Step left to left side, rock back, recovering onto right
47-48 Step back on left, step right back next to left, step left forward

TOE STRUTS, STEP FORWARD, RECOVER, COASTER STEP

- 49-50 As right foot moves right, come down with weight on toes and then drop heel down
51-52 Left foot cross over right, coming down first with weight on toes and then dropping heel
53-54 Step forward on right foot, recover weight to left
55&56 Step back on right foot, step back on left(next to right) step forward on right foot

TOE STRUTS, STEP FORWARD, RECOVER, ¼ LEFT COASTER STEP

- 57-58 As left foot moves left, come down with weight on toes and then drop heel down
59-60 Right foot cross over left, coming down first with weight on toes and then dropping heel
61-62 Step forward on left, recover weight to right
63&64 Step back on left foot as you turn ¼ turn to the left, step back onto right (next to left), step forward onto left foot

KICK- OUT-OUT SHOULDER RAISES

- 65&66 Kick right foot forward, step back & to right side on right, step to left on left foot (weight remains on left foot)
67&68 Raise right shoulder, left shoulder, right shoulder

REPEAT
