

Doctor's Orders

拍数: 32 墙数: 2 级数: Beginner
编舞者: Mick Herbert (UK)
音乐: Honky Tonk Healin' - David Ball



JAZZ BOX WITH ¼ TURN RIGHT, KICK BALL CHANGE TWICE

1-2 Cross right over left, step back left
3-4 Step to right making ¼ turn right, touch left next to right
5&6 Kick left forward, step onto ball of left, step right next to left
7&8 Repeat steps 5 & 6

LEFT & RIGHT SHUFFLES FORWARD, PIVOT ½ TURN RIGHT, WALK FORWARD LEFT, RIGHT

9&10 Step forward left, close right beside left, step forward left
11&12 Step forward right, close left beside right, step forward right
13-14 Step forward left, pivot ½ turn right
15-16 Walk forward left, walk forward right

TOE STRUTS, ROCKING CHAIR

17-18 Step forward on left toe, drop left heel to floor
19-20 Step forward on right toe, drop right heel to floor
21-22 Rock forward left, rock back right
23-24 Rock back left, rock forward right

GRAPEVINE WITH ¼ TURN LEFT, STEP TOUCH, STEP SCUFF

25-26 Step left to left side, cross right behind left
27-28 Step to left making ¼ turn left, touch right next to left
29-30 Step right to right side, touch left next to right
31-32 Step left to left side, scuff right forward and across left

REPEAT
