

Dark Secrets

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tina Argyle (UK)
音乐: Drinkin' Dark Whiskey - Gary Allan



Thanks to Glen Douglas for this track

HEEL, HOOK TWICE, LOCK STEP FORWARD RIGHT THEN LEFT

1& Touch right heel forward, hook across left
2& Touch right heel forward, hook across left
3&4 Step forward right, lock left behind right, step forward right
5& Touch left heel forward, hook across right
6& Touch left heel forward hook across right
7&8 Step forward left, lock right behind left, step forward left

SIDE ROCK CROSS, COASTER ¼ TURN, VINE 2 X SWIVETS

1&2 Rock right to right side, recover, cross right over left
3&4 ¼ turn right stepping back left, step right at side of left, step forward left
5&6& Step right to right side, cross left behind right, step right to right side, step left at side of right
7&8& Swivet right then left, or twist heels right, center, left, center

LOCK STEP FORWARD STEP ½ PIVOT STEP, TRIPLE FULL TURN, MAMBO FORWARD

1&2 Step forward right, lock left behind right, step forward right
3&4 Step forward left, ½ pivot turn right, step forward left
5&6 Make full turn left traveling forward stepping right, left, light
Or
5&6 Lock step
7&8 Mambo forward left, recover, step left at side of right

HEEL & TOE TWISTS, KNEE POPS

1& Step right to right side, twist right heel out
2& Twist right toes out, twist right heel out
3&4& Twist left towards right foot - toes heel toes heel
5& Bend right knee, hold
6& Bend left knee, hold
7&8& Bend knees right, left, right, left (finish with weight on left)

REPEAT