Deep Down



拍数: 42 墙数: 4 级数: Intermediate

编舞者: Ronnie Ann Marchand (USA)

音乐: Deep Down - Pam Tillis



TOE TOUCHES, KICK BALL CHANGE, SAILOR SHUFFLE

1 Moving slightly forward, touch right toe to floor

2 Hold

3 Moving slightly forward, touch left toe to floor

4 Hold

5&6 Kick right foot forward, quickly step on ball of right foot, step on left

7&8 Step right foot behind left foot, quickly step on ball of left foot to left side, step on right

TOE TOUCHES, KICK BALL CHANGE, SAILOR SHUFFLE

9 Moving slightly forward, touch left toe to floor

10 Hold

11 Moving slightly forward, touch right toe to floor

12 Hold

13&14 Kick left foot forward, quickly step on ball of left foot, step on right foot

15&16 Step left foot behind right foot, quickly step on ball of right foot to right side, step on left

STEP, STEP, HIP ROLLS, SHUFFLE, SHUFFLE

17 Walk forward on right foot

Walk forward on left foot (shift weight slightly back to right)

Bend knees slightly, roll hips back and forward twice

21&22 Shuffle forward right, left, right 23&24 Shuffle forward left, right, left

FULL TURN, SHUFFLE, SHUFFLE WITH ½ TURN, ROCK STEPS

Step forward on right foot, pivoting on balls of both feet, turn ½ turn to left Step back on left foot, pivoting on balls of both feet, turn ½ turn to left

27&28 Shuffle forward right, left, right

29&30 Shuffle forward left, right, left making a ½ turn to right

31 Rock back on right foot

32 Step (rock) forward on left foot

STEP, STEP, KICK BALL CHANGE, TOUCH, CROSS WITH 1/4 TURN, TOUCH, STEP/CLAP

Walk forward rightWalk forward left

Kick right foot forward, quickly step on ball of right foot, step on left Kick right foot forward, quickly step on ball of right foot, step on left

39 Touch right foot out to right side

40 Cross right foot in front of left foot, making ¼ turn left

41 Touch left toe to left side

42 Step left foot next to right foot and clap

REPEAT