

Derailed

拍数: 64 墙数: 4 级数: Improver / Intermediate
编舞者: Peter Metelnick (UK)
音乐: Then She Kissed Me - The Derailers



RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER, LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER

1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Rock left foot back, recover weight on right foot
5&6 Step left foot to left side, step right foot together, step left foot to left side
7-8 Rock right foot back, recover weight on left foot

RIGHT FORWARD, LEFT KICK BALL CHANGE, LEFT & RIGHT FORWARD, LEFT KICK BALL CHANGE, LEFT FORWARD

1 Step right foot forward
2&3 Kick left foot forward, touch ball of left foot together, step right foot in place
4-5 Step left foot forward, step right foot forward
6&7 Kick left foot forward, touch ball of left foot together, step right foot in place
8 Step left foot forward

RIGHT ROCK FORWARD & RECOVER, ½ RIGHT TURNING SHUFFLE, WALK 2, LEFT FORWARD SHUFFLE

1-2 Rock right foot forward, recover weight on left foot
3&4 Turning ½ right step right foot forward, step left foot together, step right foot forward
5-6 Step left foot forward, step right foot forward
7&8 Step left foot forward, step right foot together, step left foot forward

RIGHT FORWARD, LEFT KICK BALL CHANGE, LEFT & RIGHT FORWARD, LEFT KICK BALL CHANGE, LEFT FORWARD

1 Step right foot forward
2&3 Kick left foot forward, touch ball of left foot together, step right foot in place
4-5 Step left foot forward, step right foot forward
6&7 Kick left foot forward, touch ball of left foot together, step right foot in place
8 Step left foot forward

RIGHT & LEFT TOE STEPS, RIGHT SIDE SHUFFLE, LEFT ROCK BACK & RECOVER

1-2 Touch right toes to right side, press heel down
3-4 Cross touch left toes over right foot, press left heel down
5&6 Step right foot to right side, step left foot together, step right foot to right side
7-8 Rock left foot back, recover weight on right foot

LEFT & RIGHT TOE STEPS, LEFT SIDE SHUFFLE, RIGHT ROCK BACK & RECOVER

1-2 Touch left toes to left side, press heel down
3-4 Cross touch right toes over left foot, press right heel down
5&6 Step left foot to left side, step right foot together, step left foot to left side
7-8 Rock right foot back, recover weight on left foot

RIGHT SIDE SHUFFLE, ¼ LEFT & LEFT SIDE SHUFFLE, RIGHT ROCK FORWARD & BACK

1&2 Step right foot to right side, step left foot together, step right foot to right side
&3&4 Raise left foot & turn ¼ left on right foot, step left foot to left side, step right foot together, step left foot to left side
5-8 Rock right foot forward, recover weight on left, rock right foot back, recover weight on left

RIGHT HEEL GRIND WITH ¼ RIGHT TURN, RIGHT ROCK BACK & RECOVER - REPEAT 2X

- 1-2 Touch right heel forward turning toes to the right from left to right, pivot ¼ right on left foot completing heel grind
- 3-4 Rock right foot back, recover weight on left foot
- 5-8 Repeat counts 1-4

REPEAT
