

Clockwise

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Sarah Lewis (UK)
音乐: Bury The Shovel (Dance Mix) - Clay Walker



SWITCHES

1-2 Point right toe forward, touch right foot to right
&3 Bring right foot beside left, touch left foot to left
&4 Bring left foot beside right, touch right foot to right

SWITCHES

&5 Bring right foot beside left, touch left foot forward
6& Touch left foot to left, bring left foot beside right
7&8 Touch right foot to right, bring right foot beside left, touch left foot to left side

LEFT COASTER STEP, RIGHT COASTER STEP

9&10 Step left foot back, step right foot beside left, step forward on left
11&12 Step right foot forward, step left foot beside right, step right foot back

STEP BACK, PIVOT ½ TURN LEFT, TOUCH, KICK & CROSS

13-14 Step left foot back, pivot ½ turn to left
15&16 Touch right toe to left instep, kick right foot forward, cross right foot over left

SWIVELS WITH FEET CROSSED, UNWIND ¾ TURN LEFT, STEP ON RIGHT FOOT

17-18 Swivel both heels left, swivel both heels right
19&20 Swivel both heels left, swivel both heels right, swivel both heels left
21-22 Unwind ¾ turn left
23-24 Take a long step to right on right foot, touch left foot beside right

LEFT GRAPEVINE, UNWIND ¼ TURN LEFT

25-26 Step left foot to left, cross right foot behind left
&27-28 Step left foot slightly back, cross right foot over left, unwind ¾ turn to left

HIP BUMPS

29-30 Bump hips to right, bump hips to left
31&32 Bump hips to right, bump hips to left, bump hips to right

SWITCHES & 2 HALF TURNS LEFT

33&34 Kick right foot forward, bring right foot beside left, touch left foot to left
35&36 Kick left foot forward, bring left foot beside right, touch right foot to right
37-38 Step forward on right foot, pivot ½ turn to left
39-40 Step forward on right foot, pivot ½ turn to left

TWISTS & HITCHES

41 Twist left heel to right while hitching right knee
& Twist left toe to right while touching right toe to left foot
42 Twist left heel to right while hitching right knee
& Twist left toe to right while touching right toe to left foot
43 Twist left heel to right while hitching right knee
& Twist left toe to right while touching right toe to left foot
44 Twist left heel to right while hitching right knee

& Twist left toe to right while touching right toe to left foot

KICK BALL CROSS, ¼ TURN RIGHT

45&46 Kick right foot forward, step right foot back, step left foot in front of right

47-48 Turn head ¼ turn to right, lift & lower both heels twice while completing the ¼ turn to right

REPEAT
