

Coast To Coast

拍数: 56 墙数: 0 级数:
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音乐: Unknown



KNEE POP

- 1 Pop right knee in
- 2 Hold
- 3 Pop left knee in
- 4 Hold
- 5 Pop right knee in
- 6 Pop left knee in
- 7 Pop right knee in
- 8 Hold

STOMP, KICK, COASTER STEP WITH TURN

- 1 Stomp right foot
- 2 Kick right foot forward
- 3&4 Step back right, step back left, step forward right while turning $\frac{1}{4}$ left
- 5 Stomp left foot
- 6 Lick left foot forward
- 7&8 Step back left, step back right, step forward left while turning $\frac{1}{4}$ left
- 1-8 Repeat last 8 steps

TURNING STRUTS, COASTER STEPS WITH TURNS

- 1 Step forward on right heel
- 2 Turn $\frac{1}{4}$ turn right snapping right toe down
- 3&4 Step back left, step back right, step forward right
- 5-8 Repeat last 4 steps

SIDE STEPS, RONDE TURNS

- 1 Step right to right
- 2 Step left next to right
- 3-4 Repeat last 2 steps
- 5-6 Repeat last 2 steps
- 7 Swing right leg around to the right while making a $\frac{1}{2}$ turn right
- 8 Step down on right
- 1-8 Repeat last 8 steps

CROSSOVER, TURN, CLAP, CHUG

- &1 Hop to the left with left foot
 - 2 Step to the right with right foot
 - & Cross right over left
 - 3 Clap
- On these last 4 steps, drop right shoulder down on right steps and left shoulder down on left steps**
- 4-5 Step forward on right and pivot $\frac{1}{8}$ turn left
 - 6 Shift weight to left foot
 - 7-8 Repeat last 2 steps

REPEAT

