Coastin Slow

级数: Improver



拍数: 24

编舞者: Nancy Morgan (USA)

音乐: Steam - Ty Herndon

WALK, WALK, SIDE, TOGETHER, SIDE, TOGETHER, CROSS, TURN, SLIDE, TOGETHER

- 1-2 Step forward on right, step forward on left,
- 3&4 Put right toe to right side, put right next to left as you put left toe out to left side
- &5-6 Put left next to right as you cross right over left, turn ½ turn to your left,
- 7-8 Step right back and diagonally to your right, put right next to left

墙数:4

SHUFFLE RIGHT FORWARD, STEP, $\ensuremath{^{12}}$ TURN, COASTER STEP, TOUCH BACK, $\ensuremath{^{12}}$ TURN

- 1&2 Shuffle right forward (right, left, right)
- 3-4 Step forward on left, turn ¼ turn to your right (weight ending on right)
- 5&6 Coaster step (step back on left, back on right, forward on left)
- 7-8 Touch right foot behind left

DIAGONALLY SHUFFLE FORWARD, SAILOR SHUFFLE, SAILOR SHUFFLE, KICK AND KICK AND

- 1&2 Shuffle forward diagonally to your left (left, right, left)
- 3&4 Sailor shuffle (step right behind left, step left to left side, step right foot forward)
- 5&6 Sailor shuffle (step left behind right, step right to right side, step left foot forward)
- 7&8& Put right heel forward, put right next to left as you put left heel forward, put left next to right

REPEAT