

Cat Walk

拍数: 40 墙数: 4 级数: Advanced
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音乐: Cat Walk - Lee Roy Parnell



CROSS STEP

- 1 Cross right foot in front of left and touch toe to floor
- 2 Touch right toe to right
- 3-4 Repeat steps 1-2

VINE RIGHT

- 5 Step right foot to right
- 6 Cross left foot behind right
- 7 Step right foot to right
- 8 Touch left foot next to right

CROSS STEP

- 9 Cross left foot in front of right and touch toe to floor
- 10 Touch left toe to left
- 11-12 Repeat steps 9- 10

SLIDES

- &13 Hop to left on left foot, then slide right foot next to left
- 14 Stomp right foot next to left (do not shift weight to right)
- 15 Step right foot forward
- 16 Slide left foot next to right (do not shift weight to left)

ROGER RABBIT

- 17-18 Slide left foot around to left slowly and place behind right
- 19 Slide right foot around to right and place behind left
- 20 Slide left foot around to left and place behind right

ROCK & TURN

- 21 Rock forward onto right foot
- & Rock back onto left foot
- 22 Rock forward onto right foot
- 23 Step left foot forward, making ¼ turn to right

STEP SWAYS

- 24 Touch right heel to right
- 25 Step ball of right foot down, turning foot and rolling body slightly to left
- 26 Touch left heel to left
- 27 Step ball of left foot down, turning foot and rolling body slightly to right
- 28-30 Repeat steps 24-26
- 31 Step left foot next to right
- 32 Touch right foot next to left (facing forward again)

FINGER POINT

- 33 Extend right arm forward, pointing index finger
- 34 Bring right arm down while extending left arm to left, pointing index finger and jerking body in direction of point

- 35 Bring left arm down and extend right arm straight up, pointing index finger
- 36 Bring right arm down while extending left arm straight up, pointing index finger and jerking body in direction of point

TOE-HEEL FAN

- 37 Bring left arm down while touching right toe to right
- 38 Fan right heel to left
- 39 Fan right toe to left
- 40 Fan right heel to left, bringing right foot next to left, with no weight on it

REPEAT
