

Catchacold

拍数: 32 墙数: 4 级数: Beginner
编舞者: William Sevone (UK)
音乐: Rockin' Pneumonia - Ronnie McDowell



2X CROSS TOUCH-SIDE STEP-TOGETHER-SIDE STEP

1-2 Touch right toe over left foot, step right foot to right side
3-4 Touch left foot next to right, step left foot to left side
5-6 Touch right toe over left foot, step right foot to right side
7-8 Touch left foot next to right, step left foot to left side

CROSS STEP, SIDE STEP, ½ RIGHT SIDE STEP, CROSS STEP, SIDE STEP, ½ LEFT SIDE STEP, KICK BALL CHANGE

9-10 Cross step right foot over left, step left foot to left side
11-12 Turn ½ right & step right foot to right side, cross step left foot over right
13-14 Step right foot to right side, turn ½ left & step left foot to left side
15&16 Kick right foot forward, step ball of right foot next to left, step left foot in place

EXTENDED LEFT GRAPEVINE, SAILOR STEP, CROSS STEP

17-18 Step right foot to right side, cross step left foot behind right,
19-20 Step right foot to right side, cross step left foot over right foot
21-22 Step right foot to right side, cross step left foot behind right
&23-24 Step right foot next to left, step left foot to left side, cross step right foot over left

SIDE ROCK, ROCK, STEP BEHIND, ¼ RIGHT STEP FORWARD, ROCK FORWARD, ROCK, COASTER STEP

25-26 Rock step left foot to left side, rock onto right foot
27-28 Cross step left foot behind right, turn ¼ right & step forward onto right foot
29-30 Rock forward onto left foot, rock onto right foot
31&32 Step backward onto left foot, step right foot next to left, step forward onto left foot

REPEAT
