Caught In The Act



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音乐: All Hat, No Cattle - Trace Adkins



&1 Step right forward, touch left toe beside right instep (heel raised and knee pushed forward)

2 Hold

&3 Step left forward, touch right heel slightly forward of left toe Heel should be beside and about level with the toe of the opposite boot

4 Turn right toe to tap down facing right diagonal

Heel stays in place

5-6 Tap right toe to the left diagonal, tap again to the right diagonal

7 Tap right toe to the left diagonal

Toe should be in front of left foot

8 Take weight onto toe and swivel right heel to the left side

Foot should cross in front of left

9 Make ¼ turn right on ball of right foot and step left backward
10 Make ¼ turn right on ball of left foot and step right foot to the side
11-12 Step left across in front of right, brush ball of right foot slightly forward
&13 Rock-step ball of right foot to the side rock-replace weight on left foot

14-15 Step right across in front of left foot, make ¼ turn right on ball of right foot and step left foot

backward

16 Make ¼ turn right on ball of left foot and step right foot to the side

You should be facing your starting wall

17 Pop/push left knee forward and to the right

Weight on right foot

Pop right knee forward and to the left taking weight onto left foot

19&20 Shuffle to the right side right-left-right

21-22 Step left foot across behind right, make ¼ turn left keeping weight on left foot

23-24 Rock-step right foot backward, rock forward onto left

25-26 Step right forward, make ½ pivot turn left stepping forward onto left foot

27-28 Step right foot to the side, hold

29 Pop left knee forward and to the right

Weight on right foot

Pop right knee forward and to the left taking weight on left foot taking weight on left foot S1& Kick right foot forward, step on ball of right foot beside left

32 Step left foot slightly forward

REPEAT