

CB Stroll

拍数: 30 墙数: 4 级数: Beginner
编舞者: Marie Miller (USA)
音乐: Let Your Love Flow - The Bellamy Brothers



HEEL SWIVELS (TWO HEEL TAPS/BOUNCES TO RIGHT, LEFT, RIGHT, LEFT)

- 1-2 With weight on balls of feet move heels to right side & tap, tap heels once again
- 3-4 With weight on balls of feet move heels to left side & tap, tap heels once again
- 5-6 With weight on balls of feet move heels to right side & tap, tap heels once again
- 7-8 With weight on balls of feet move heels to left side & tap, tap heels once again

STEP, SLIDE, STEP, PIVOT & CLAP, STEP, SLIDE, STEP, PIVOT & CLAP

Turning body slightly to the right

- 9-12 Step to the right with right foot, slide the left foot to the right instep, step to the right with the right foot, on the balls of both feet pivot to the left & clap

Now body is slightly turned to the left

- 13-16 Step to the left with left foot, slide the right foot to the left instep, step to the left with the left foot, on the balls of both feet pivot to the right & clap

STEP, SLIDE, STEP, PIVOT & CLAP, STROLL & BRUSH

Now body is slightly turned to the right

- 17-18 Step to the right with right foot, slide the left foot to the right instep
- 19-20 Step to the right with the right foot, brush the left foot forward & clap
- 21-22 Step straight forward with the left foot, cross the right foot up behind the left foot
- 23-24 Step forward with the left foot, brush the right foot forward

STROLL & BRUSH, STEP ¼ TO LEFT, STOMP

- 25-28 Step straight forward with the right foot, cross the left foot up behind the right foot, step forward with the right foot, brush the left foot forward
- 29-30 Circle your left foot from right to left stepping down ¼ turn left, stomp right beside left foot

REPEAT
