

Buckle Up

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Minou "G" Gaetner & James O. Kellerman (USA)
音乐: Betty's Takin' Judo - Jeff Carson



LEFT HEEL GRIND, RIGHT HEEL GRIND, ½ TURN RIGHT, ½ TURN RIGHT

- 1-2 Touch left heel forward with left toes pointing out; moving left toes to center, step down on left foot
- 3-4 Touch right heel forward with right toes pointing out; moving right toes to center, step down on right foot
- 5-6 Step left foot forward; on balls of both feet, pivot ½ turn right to face 6:00; shift weight to right foot
- 7-8 Repeat steps 5,6 to end facing 12:00.

VINE LEFT, TOUCH, RIGHT SIDE SHUFFLE, ROCK-STEP

- 9-10 Step left foot to left side; step right foot across behind left foot
- 11-12 Step left foot to left side; touch right toe beside left foot
- 13&14 Step right foot to right side; step ball of left foot beside right; step right foot to right side
- 15-16 Rock step left foot back; step forward on right foot.

VINE LEFT, ¾ TURN LEFT, WALK FORWARD, STOMP

- 17-18 Step left foot to left side; step right foot across behind left foot
- 19-20 Step left foot left into ¼ turn left to face 9:00; spin ½ turn left on ball of left foot, sliding right toe on floor in sweeping motion
- 21-23 Walk forward right, left, right
- 24 Stomp left foot beside right foot.

JAZZ BOX, TWIST WALK FORWARD

- 25-26 Step right foot across in front of left foot; hold'
- 27-28 Step left foot back; step right foot beside left
- 29-30 Step left foot forward, twisting on ball of right foot to turn body slightly right step right foot forward, twisting on ball of left foot to turn body slightly left
- 31-32 Step left foot forward, twisting on ball of right foot to turn body slightly right step right foot forward, twisting on ball of left foot to turn body slightly left

REPEAT
