

The Box

拍数: 32 墙数: 4 级数: Beginner
编舞者: Melanie Painter (USA)
音乐: The Box - Diamond Rio



POINTS AND SHUFFLES

- 1 Point right toe forward
- 2 Point right toe back
- 3&4 Shuffle right-left-right to right
- 5 Point left toe forward
- 6 Point left toe back
- 7&8 Shuffle left-right-left to left

TRIPLE STEP ¼ TURN, SHUFFLE LOCK

- 9&10 Triple step right-left-right with ¼ turn to right
- 11&12 Shuffle lock step left-right-left

KICK BALL CHANGE ¼ TURN RIGHT

- 13&14 Kick right foot out, touch right foot doing ¼ turn, step on left foot
- 15&16 Kick ball change right, right, left

JAZZ BOXES ¼ TURN

- 17-20 Jazz box with ¼ turn to right, (step out on right, step behind with left, step to side on right doing ¼ turn, stomp left)
- 21-24 Jazz box, (repeat step without ¼ turn)

HIP BUMPS

- 25-26 Step up on right, bump hips forward twice
- 27-28 Step up on left, bump hips forward twice

SAILOR SHUFFLES

- 29&30 Sailor shuffle leading right (step right behind left, step left in place, step right in place)
- 31&32 Sailor shuffle leading left, (step left behind right, step right in place, step left in place)

REPEAT
