

Beware Of The Dog

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Conni Noesgaard (DK) & Ole Noesgaard (DK)
音乐: Beware of the Dog - Hanne Boel



4 STEP ¼ TURN RIGHT, LOCK STEP, KICK BALL CHANGE

1-4 Turn right toes 45 degrees right, turn left toes 45 degrees right, turn left heel 45 degrees left, turn left toes 45 degrees right
5&6 Lock step forward left, right, left
7&8 Kick right foot forward, step on ball of right foot, step left foot next to right

ROCK STEP, SHUFFLE, POINT BACK, HOLD

1-2 Rock right foot to right side, rock back onto left
3&4 Shuffle back right, left, right
5-8 Point left toe back, ¼ turn left, step right foot next to left, hold

4 STEP ¼ TURN LEFT, LOCK STEP, KICK BALL CHANGE

1-4 Turn left toes 45 degrees left, turn right toes 45 degrees left, turn right heel 45 degrees right, turn left toes 45 degrees left
5&6 Lock step forward right, left, right
7&8 Kick left foot forward, step on ball of left foot, step right foot next to left

ROCK STEP, SHUFFLE, POINT BACK, HOLD

1-2 Rock left foot to left side, rock back onto right
3&4 Shuffle back left, right, left
5-8 Point right toe back, ¼ turn right, step left foot next to right, hold

JUMP, CROSS, ANKLE BREAK, UNWIND, HOLD, JUMP, JUMP

1-2 Jump landing with feet apart, jump again crossing right ankle over left
3&4 Rock ankles right, left, center
5-6 Unwind, hold
&7 Jump forward right, left
&8 Jump back right, left

LOCK STEP, LOCK STEP, HEEL JACKS

1&2 Lock step diagonally forward right, left, right
3&4 Lock step diagonally forward left, right, left
&5&6 Step right foot to right side, touch left heel forward, left in place, right beside left
&7&8 Step left foot to left side, touch right heel forward, right in place, left beside right

REPEAT