

Big Mon

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: Big Mon - Ricky Skaggs



HEEL, TOE, TRAVELING SYNCOPATED STOMPS, SCUFF, MODIFIED SYNCOPATED JAZZ BOX

1&2& Touch left heel forward, step left beside right, touch right toe back, step right beside left
3&4 Stomp left forward, step right behind left heel, stomp left forward
5-6 Scuff right across left, step right across left
7&8 Step left back, step right to right, step left across right

½ TURN WITH TWO SIDE KICKS, TRAVELING SYNCOPATED STOMPS, SCUFF, MODIFIED SYNCOPATED JAZZ BOX

&9&10& On ball of left make ½ turn left while kicking right out to right side twice (kicks are made on counts 9 (right leg kicks sideways towards 1:00) and 10 (right leg kicks sideways towards 10 o' clock))
11&12 Stomp right forward, step left behind right heel, stomp right forward
13-14 Scuff left across right, step left across right
15&16 Step right back, step left to left, step right across left

SIDEWAYS TRAVELING HEEL-BALL-STEPS, POINT, BEHIND, UNWIND, SCUFF, STOMP

17&18 Touch left heel forward, step left to left, step right behind left
19&20 Touch left heel forward, step left to left, step right across left
21-22 Point left to left, touch left behind right
23&24 Unwind ½ turn left (weight transfers to left), scuff right forward, stomp right forward

FORWARD TRAVELING SAILORS, HEEL SWITCHES WITH ¼ TURN, STEP, PIGEON TOES

25&26 Step left behind right, step right forward, step left forward
27&28 Step right behind left, step left forward, step right forward
29&30& Touch left heel forward, making 1/8th turn left step left beside right, touch right heel forward, making 1/8th turn left step right beside left
31&32 Step left beside right, twist both heels out, twist both heels to center

REPEAT
