

Big Ole Flirt

拍数: 56 墙数: 4 级数:
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音乐: Nothin' to Lose - Josh Gracin



RIGHT POLKA FORWARD, LEFT POLKA ½ TURN RIGHT, SAILOR RIGHT, SAILOR LEFT

1&2 Step right foot forward, step left together, step right foot forward
3&4 Step left foot forward with a ¼ turn to right, step right together with a ¼ turn to right, step left foot forward
5&6 Step right foot slightly behind left, step left foot to left, step right foot to right
7&8 Step left foot slightly behind right, step right foot to right, step left foot to left

POINT FRONT, SIDE, SWITCH LEFT, SWITCH RIGHT WITH ¼ TURN RIGHT, HIP SHAKES, BODY ROLL

1-2 Point right foot front, point right to right
3-4 Switch to point left foot to left, switch and make a ¼ turn right as you point right foot front
5-6-7-8 Shake hips twice, body roll for 2 counts

RIGHT POLKA FORWARD, ROCK STEP, BEHIND & CROSS, HOLD, ROCK STEP TO RIGHT

1&2 Step right foot forward, step left together, step right foot forward
3-4 Rock left foot forward, step back onto right
5&6 Step left foot behind right, step right out to right, cross left foot over right
7&8 Hold, rock right foot out to right, step left in place

BEHIND & CROSS, HOLD, ROCK STEP TO LEFT, BEHIND & CROSS, HOLD, STEP FORWARD WITH ¼ TURN LEFT

1&2 Step right foot behind left, step left to left, cross right foot over left
3&4 Hold, rock left foot to left, step right in place
5&6 Step left foot behind right, step right to right, cross left foot over right
7&8 Hold, step right foot slightly forward, step left foot a ¼ turn to left with weight on left

WALK FORWARD (OR SPIN), ROCK STEP, RIGHT POLKA ½ TURN RIGHT

1-2-3-4 Walk forward right, left, right, left (or starting with right, spin on ball of right foot as you make a full turn to left, step left foot forward, and repeat)
5-6 Rock forward on right foot, step back onto left
7&8 Step right foot a ¼ turn to right, step left foot a ¼ turn right, step right foot forward

ROCK STEP FORWARD, COASTER STEP BACK, HEEL HITCH, RIGHT POLKA FORWARD

1-2 Rock left foot forward, step back onto right
3&4 Step left foot back, step right foot back to meet left, step left foot forward
5-6 Tap right heel forward, hitch right foot to left knee
7&8 Step right foot forward, step left together, step right foot forward

ROCK STEP FORWARD, COASTER STEP BACK, JAZZ BOX MAKING A ¼ TURN LEFT

1-2 Step left foot forward, step back onto right
3&4 Step left foot back, step right foot back to meet left, step left foot forward
5-6-7-8 Step right foot across left making a ¼ turn to left, step left foot back, step right foot out to right, step left foot to left

REPEAT