

Bayou Heat!

拍数: 36 墙数: 4 级数: Intermediate
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音乐: Louisiana Heatwave - Jody Jenkins



2X TOE-HEEL CROSS STEP / SIDE-CROSS / SIDE-CROSS-¼ TURN RIGHT

- 1& Touch right toe next to left instep & touch right heel next to left foot
- 2 Cross step right forward and to the front of left foot
- 3& Touch left toe next to right instep & touch left heel next to right foot
- 4 Cross step left forward and to the front of right foot
- 5-6 Step right to right side, cross step left over in front of right
- 7& Step right to right side & cross step left over in front of right
- 8 Step right to right side making ¼ turn right

ROCK STEP / LOCK STEP BACK / 2X TOE STRUTS BACK / COASTER STEP

- 1&2 Step forward on left, rock weight back onto right, step back on left
- 3&4 Step back on right & step left across right, step back on right
- 5& Step left toe back, drop left heel to floor
- 6& Step right toe back, drop right heel to floor
- 7&8 Step back on left & step right next to left, step forward on left

STEP-¼ TURN-CROSS / SIDE-TOGETHER ½ TURN-CROSS / ROCK STEP-CROSS / VINE ¼ TURN LEFT

- 1 Step forward right
- &2 Turn ¼ left on balls of both feet, cross step right in front of left
- 3 Step left slightly to left side
- & Step right next to left making ½ turn right on ball of left
- 4 Cross step left over in front of right
- 5&6 Side step right & rock weight to left, step right across left
- 7&8 Side step left & step right behind left, side step left turning ¼ left

STEP-½ LEFT / TRIPLE ½ LEFT / ROCK STEP-½ RIGHT / BACK-CROSS-SIDE-CROSS

- 1-2 Step forward on right, pivot ½ turn left
- 3&4 Step in place on right-left-right making ½ turn left
- 5 Step back on left
- & Rock weight forward onto right making ½ turn right on ball of right
- 6 Step back on left
- &7 Step back on right, cross step left over in front of right
- &8 Step right to right side, cross step left over in front of right

SIDE-ROCK-CROSS TWICE

- 1 Step right to right side
- &2 Rock weight onto left, cross step right over in front of left
- 3 Step left to left side
- &4 Rock weight onto right, cross step left over in front of right

REPEAT