Beer Run



编舞者: Michele Russell (USA)

音乐: Beer Run - Garth Brooks & George Jones



LINDY SHUFFLE & ROCK STEP

1 Step right to right side

&2 Quickly step left next to right, step right to right

3-4 Rock left behind right, recover right

5 Step left to left side

&6 Quickly step right next to left, step left to left side

7-8 Rock right behind left, recover left

TWO SHUFFLES, PIVOT ½ TURN & REPEAT

9 Step forward right

&10 Quickly step left up to right, step forward right

10 Step forward left

&12 Quickly step right up to left, step forward left

13-14 Step forward right, pivot ½ turn left, step left forward

15-20 Repeat steps 9-14

JAZZ BOX

21-22 Cross right over left, step back on left23-24 Step right next to left, step left next to right

SHUFFLE FORWARD 1:00, SHUFFLE BACK 5:00, COASTER STEP

25 Step forward right toward 1:00, or 1/8 turn right

&26 Step left quickly up to right step right forward, staying at 1:00

27 Step forward left

&28 Quickly step right up to left, step left forward

29 Step back right facing 5:00

&30 Quickly step left back next to right, step back right, staying at 5:00

31 Step back left

&32 Step right back next to left, step forward left

JAZZ BOX WITH 1/8 TURN RIGHT

33-34 Cross right over left, step back on left

35-36 Step right to right side turning 1/8 turn right, step left next to right

You should now be facing 6:00, or ½ turn from beginning the dance

37-48 Repeat steps 25-36

You should be back to 1st wall you started with

2 MONTEREY TURNS

49 Touch right to right side with weight on left

50 Pivot ½ turn right, transfer weight to right when completed

51 Touch left to left side 52 Step left next to right 53-56 Repeat steps 49-52

HEEL JACKS & TWIST, 1/4 TURN LEFT

&57 Step back on right at 45 degree angle, extend left heel forward

&58 Quickly step left next to right, quickly step right next to left as you turn ¼ turn left

Twist both heels to right, twist both heels to home position

For a challenge, twists both heels right, then left, then home! 59&60

61-64 Repeat steps &57-60

REPEAT