

Back In The Saddle

拍数: 40 墙数: 4 级数: Beginner
编舞者: Nancy Speirs (CAN)
音乐: Back In the Saddle - Matraca Berg



STEP, SLIDE, STEP, SCUFF, STEP, SLIDE, STEP, SCUFF

- 1-2 Step right foot forward, slide left foot up to right, locking toes just behind right heel
- 3-4 Step right foot forward, scuff left foot forward
- 5-6 Step left foot forward, slide right foot up to left, locking toes just behind left heel
- 7-8 Step left foot forward, scuff right foot forward

BACK, SLAP, BACK, SLAP, STOMP, STOMP, HEEL SPLIT

- 1-2 Step back on right foot, hitch left foot up in front of right knee, slapping heel with right hand
- 3-4 Step back on left foot, hitch right foot up in front of left knee, slapping heel with left hand
- 5-6 Stomp right foot, stomp left foot beside right
- 7-8 Keeping toes together, swing heels out to sides and back in to center

VINE RIGHT WITH SCUFF, VINE LEFT WITH ¼ TURN AND SCUFF

- 1-4 Step right foot to right side, step left behind, step right foot to right side, scuff left foot forward
- 5-8 Step left foot to left side, step right behind, step left foot ¼ turn to left, scuff right foot forward

STEP, BRUSHES (BRUSH LIGHTLY WITH BALL OF FOOT)

- 1-2 Step right foot forward, brush left foot forward
- 3-4 Brush left foot back, hooking across right shin, brush left foot forward (opposite direction in front of right shin)
- 5-6 Step left foot forward, brush right foot forward
- 7-8 Brush right foot back, hooking across left shin, brush right foot forward (opposite direction in front of left shin)

ROCK FORWARD, TOUCH TOE, ROCK BACK, TOUCH HEEL

- 1-2 Rock weight forward onto right foot, touch right toe beside left foot
- 3-4 Rock weight back onto left foot, touch right heel forward

STEP BACK, TOUCH HEEL, STEP BACK, TOUCH TOE

- 5-6 Step right foot back, touch left heel forward
- 7-8 Step left foot back, touch right toe beside left foot

REPEAT
