

Bandit

拍数: 64 墙数: 2 级数:
编舞者: Tracy Louise (AUS) & Narelle Thomas (AUS)
音乐: More Where That Came From - Dolly Parton



- 1 Scoot forward on both feet (with knees bent, toes pointed out & feet apart)
2 Scoot feet back (to original position) as you straighten knees
3 Scoot forward on both feet (with knees bent, toes pointed out & feet apart)
4 Scoot feet back (to original position) as you straighten knees
5-8 (extended buttermilks) swivel heels out, toes out, toes in . Heels in
- 9-12 Right 45, right together, left 45, left together
13-16 Right 45, right together, left 45, left together
- 17-18 Step right to right side, cross left behind right
19-20 Step right to right side, stomp left together & clap
21-22 Step left forward, pivot ¼ turn right (transferring weight to right)
23-24 Step left forward, pivot ¼ turn right (transferring weight to right)
- 25-28 Stomp left together twice, kick left forward twice
29-30 Step back on left, rock forward onto right
31-32 Touch left toe forward, step left heel down(toe strut)
33-34 Touch right toe forward, step right heel down(toe strut)
35-36 Touch left toe forward, step left heel down(toe strut)
- 37-38 Kick right forward twice clapping hands twice
39-40 Step back on right, touch left toe straight back
- 41-42 Touch left toe forward, step left heel down(toe strut)
- 43-44 Touch right toe forward, step right heel down(toe strut)
45-46 Touch left toe forward, step left heel down(toe strut)
- 47-48 Stomp right together twice clapping hands twice
- 49-51 Step right to right side, cross left behind right, step right to right side
52 Turn ½ turn right on right foot, raising left knee
53-55 Step left to left side, cross right behind left, step left to left side
56 Turn ½ turn left on left foot, raising right knee
- 57-58 Kick right forward at 45 degrees, bring right heel to left knee
59-60 Kick right forward at 45 degrees, hop onto right foot
61-62 Kick left forward at 45 degrees, bring left heel to right knee
63-64 Kick left forward at 45 degrees, jump both feet together

REPEAT