

Barefootin'

拍数: 32 墙数: 4 级数:
编舞者: Shirley K. Batson (USA)
音乐: Small Up and Simple Down - Neal McCoy



GRANNY STEP

- 1 (On balls of both feet) move heels apart (heel splits)
- 2 Move heels back together (stay on balls of feet)
- 3 Lower left heel to floor and take weight on left foot (right heel is up and right knee bent)
- 4 Touch right heel forward diagonally to right
- 5 Lift right knee into a hitch
- 6 Step right foot beside left
- 7 (On balls of both feet) move heels apart
- 8 Move heels back together and lower both heels (weight to right foot)

HEEL GRINDS ¼ TURN LEFT

- 1 Step left heel forward, toes facing to right
- 2 Fan toes to left (lower left foot)
- 3 Step right heel forward, toes facing to left
- 4 Fan toes to right (lower right foot)
- 5-6 Step left forward, step right foot back
- 7-8 Step left foot into ¼ turn left, step right beside left

FOOT BOOGIE

- 1 (On ball of right foot) swivel right heel to right
- 2 (On heel of right foot) swivel right toes to right
- 3 (On heel of right foot) swivel right toes to left
- 4 (On ball of right foot) swivel right heel to center
- 5-8 Weight to right foot, repeat 1-4 with left foot (weight to left foot)

HEELS, HOLD, STEP, SLIDE, STOMPS

- 1-2 Touch right heel forward, hold
- & Step right beside left
- 3-4 Touch left heel forward, hold
- & Step left beside right
- 5 Step right foot forward
- 6 Slide left forward (taking weight)
- 7 Stomp right
- 8 Stomp left

REPEAT
