

Baby Steps

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Don Deyne (USA)
音乐: We Shall Be Free - Garth Brooks



Lonestar's "No News" provided the inspiration for this dance.

"SLIDE STEP" LEFT, RIGHT, LEFT, RIGHT, STEP LEFT, ½ TURN RIGHT:

- 1 Slide left foot forward till left instep is even with ball of right foot (push alternate knee forward for extra style)
- 2 Slide right foot forward till right instep is even with ball of left foot
- 3 Slide left foot forward till left instep is even with ball of right foot
- 4 Slide right foot forward till right instep is even with ball of left foot
- 5-6 Step left forward, ½ turn right shifting weight to right foot
- 7&8 Shuffle slightly forward left

"PONY" STEP RIGHT, LEFT, RIGHT, LEFT, STEP RIGHT, ½ TURN LEFT:

- 9 Slide right foot forward till right instep is even with ball of left foot
- 10 Slide left foot forward till left instep is even with ball of right foot
- 11 Slide right foot forward till right instep is even with ball of left foot
- 12 Slide left foot forward till left instep is even with ball of right foot
- 13-14 Step right forward, ½ turn left shifting weight to left foot
- 15&16 Shuffle slightly forward right

STEP LEFT, ¼ TURN RIGHT, SHUFFLE LEFT/TURN RIGHT, ROCK BACK RIGHT, RECOVER LEFT, SHUFFLE RIGHT/TURN LEFT:

- 17-18 Step left forward, ¼ turn right shifting weight to right foot
- 19&20 Turn ½ turn right as you shuffle left
- 21-22 Rock step back right, recover weight forward left
- 23&24 Turn ½ turn left as you shuffle right

ROCK BACK LEFT, RECOVER RIGHT, CROSS LEFT OVER RIGHT, ¾ TURN RIGHT, ROCK LEFT OVER RIGHT, RECOVER RIGHT, ¼ TURN LEFT AND STEP-TOGETHER-TOUCH:

- 25-26 Rock step back left, recover weight forward right
- 27-28 Touch left across right, unwind ¾ turn right ending with weight on right foot
- 29-30 Rock step left across right, recover weight to right foot
- 31 Face ¼ turn left and step left
- & Step together right
- 32 Touch left toe beside right instep

REPEAT

Alternate styling for steps 1-4 and 9-12:

Make it easier: Step left, right, left, right (take "baby steps" instep to ball of opposite foot)

Make it harder: Counting 1&2&3&4, take "baby steps" on # and hitch opposite knee on & counts

Make it even harder: Turn the hitches (from "Make it harder") into scoots: Do the "running man"