

The Answer

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Deborah O'Hara (CAN)
音乐: Everybody Knows - Trisha Yearwood



SYNCOPATED SUGAR PUSH

1-2 Step forward right, forward left
3&4 Kick right forward, step back right, cross left in front of right
5&6 Step back on right, step left foot next to right, point right foot to right side

SYNCOPATED TOE TOUCHES

7& Touch right toe forward & in front of left toe, step back home with right foot
8& Touch left toe forward & in front of right toe, step back home with left foot
9& Touch right toe forward & in front of left toe, step back home with right foot
10& Touch right toe forward & in front of left toe, step back home with right foot

KNEE SWING, SHUFFLE FORWARD, 2 PIVOT TURNS

11&12 Lift right knee up & across left leg, swing it to the right, making ¼ turn while pivoting on left foot
13&14 Step forward with right foot, bring left foot to right, step forward with right foot
15-16 Point left toe forward, pivot ½ turn right
17-18 Point left toe forward, pivot ½ turn right

2 KICK-BALL CHANGES, KICK, HOOK, TURN

19&20 Kick left foot forward, step down on ball of left foot, step on right foot
21&22 Kick left foot forward, step down on ball of left foot, step on right foot
23-24 Kick left foot forward, swing left foot back and bend behind right leg, making ¼ turn left, pivoting on right foot

HEEL JACKS

&25 Step down on left foot, cross right foot over left
&26 Step back on left foot, extend right heel 45 degrees right
&27 Step home with right foot, cross left over right
&28 Step back on right foot, extend left heel 45 degrees left
&29 Step home with left foot, cross right foot over left
&30 Step back with left foot, making ¼ turn right, extend right heel forward
31-32 Roll hips to the right (can do body roll)

REPEAT
