

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Glynn Rodgers (UK)
音乐: Friend or Foe - Adam Ant



POINT, TOUCH, HEEL, HOOK, HEEL, CLOSE, POINT, STEP

1-2 Point right toe to right side, touch right toe beside left
3-4 Dig right heel forward, hook right leg under left knee
5-6 Dig right heel forward, touch right toe beside left
7-8 Point right toe to right side, step right beside left

POINT, TOUCH, HEEL, HOOK, HEEL, CLOSE, POINT, STEP

1-8 Repeat section 1 on left foot

TOE, HEEL, HOOK, HEEL, HOOK, TOE, STEP. (SECTION 3)

1-2 Touch right toe to left instep, dig right heel forward
3-4 Hook right leg under left knee, dig right heel forward
5-6 Hook right leg under left knee, dig right heel forward
7-8 Touch right toe to left instep, step right to place

TOE, HEEL, HOOK, HEEL, HOOK, TOE, STEP. (SECTION 4)

1-8 Repeat section 3 on left foot

PIGEON TOES, BUTTER CUPS, CAMEL WALK

1-2 Split both heels, close both heels
3-4 Split toes, close toes
5-8 Step forward right, lock left behind right, step forward right, scuff left foot

JAZZ BOX TURN, SCUFF, CAMEL WALK

1-4 Cross left over right, step back $\frac{1}{4}$ left on right foot, step left to left side, scuff right forward
5-8 Step forward right, lock left behind right, step forward right, scuff left foot

DIAGONAL TOUCHES, GRAPEVINE TURN

1-2 Step diagonally forward left, touch right beside left
3-4 Step diagonally forward right, touch left beside right
5-8 Step left to left side, step right behind left, step left to left side, hitch right knee turning $\frac{1}{2}$ turn left

GRAPEVINE TURN, SIDE, SLIDE, ROCK, RECOVER

1-4 Step right to right side, step left behind right, step right to right side, hitch left knee turning $\frac{1}{4}$ right
5-6 Step left to left side, slide right to left
7-8 Rock back right, recover weight onto left

REPEAT
