

Almamater (P)

拍数: 48 墙数: 0 级数: Partner
编舞者: The Dancin Dudes
音乐: HeartBreak School - James Bonamy



Position: Right Open Promenade (Holding Inside Hands)
Man's steps are shown. Lady's steps are opposite foot

STEP, SLIDE, STEP, SCUFF - STEP SLIDE, STEP, SCUFF

Hands: hold inside hands

1-2 Left step forward - slide right up to left
3-4 Left step forward - scuff right forward
5-6 Right step forward - slide left up to right
7-8 Right step forward - scuff left forward

STEP ¼ TURN, CROSS SHUFFLE - SIDE, ROCK, SAILOR STEP

Hands: join both hands on ¼ turn - facing partner

9-10 Left step forward - make ¼ turn right (weight on right)
11&12 Left cross shuffle to right (left-right-left)
13-14 Right step to the side - rock weight onto left
15&16 Right step behind left - left step to the side (&) - right step to the side

WALK, WALK, ½ TURN, TOUCH - WALK, WALK, ¼ TURN, TOUCH

Hands: man turns under his right arm releasing left hand on ½ turn - turning lady under his right arm & ¼ turn

17-18 Left step forward - right step forward
19-20 Left step forward making ½ turn right - touch right toe beside left (facing partner)
21-22 Right step forward - left step forward
23-24 Right step ¼ turn right - touch left toe beside right (LOD)

SHUFFLE FORWARD, STEP, SCUFF - SHUFFLE FORWARD, STEP, SCUFF

Hands: hold inside hands

25&26 Left shuffle forward (left-right-left)
27-28 Right step forward - scuff left forward
29&30 Left shuffle forward (left-right-left)
31-32 Right step forward - scuff left forward

STEP PIVOT ½ TURN, SHUFFLE FORWARD - STEP PIVOT ½ TURN SHUFFLE FORWARD

Hands: release hands joining opposite hands on pivot turns

33-34 Left step forward - make ½ turn right (weight forward) (RLOD)
35&36 Left shuffle forward (left-right-left)
37-38 Right step forward - make ½ turn left (weight forward) (LOD)
39&40 Right shuffle forward (right-left-right)

WALK, WALK, WALK, WALK - STOMP, STOMP, KICK, KICK

Hands: hold inside hands

41-42 Left step forward - right step forward
43-44 Left step forward - right step forward
45-46 Stomp left twice
47-48 Kick left forward (option: touch foot with partners)

REPEAT

