

A-11

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Barry Amato (USA)
音乐: A-11 - Clinton Gregory



- 1 Touch right toe inward
- 2 Touch right heel out
- 3 Step on right foot
- 4 Touch left toe inward
- 5 Touch left heel out
- 6 Step on left foot
- 7 Hop forward
- 8 Hop forward

- 9 Twist left (knees facing left) on the balls of both feet
- 10 Twist right (knees facing right) on the balls of both feet
- 11 Twist to center position & kick left foot out to left side
- 12 Twist right (knees facing right) on the balls of both feet
- 13 Twist left (knees facing left) on the balls of both feet
- 14 Step forward on left foot (13 & 14 step together step)
- 15 Stomp right foot in place
- 16 Step forward on left foot (15 & 16 step together step)
- 17 Step out on left foot (traveling forward)
- 18 Step right behind left (traveling forward)
- 19 Step out on left foot (traveling forward)
- 20 Step out on right foot & do a complete turn toward left shoulder on the ball of the right foot
- 21 Step forward on left foot & slide right next to left
- 22 Twist to center position & kick right foot out to right side
- 23 Step forward on right foot & slide left next to right
- 24 Stomp right foot in place again (place weight on right foot)
- 25 Step forward on on left foot
- 26 Step forward on right foot and slide back on right foot
- 27 Step back on left foot (traveling backward)
- 28 Step back on right foot (traveling backward)
- 29 Step on left foot & begin to turn toward left shoulder & step on right foot & continue to turn
- 30 Step on left foot to complete turn (you will have completed a 1 ½ turn to the left with steps 29 & 30 & will be facing the opposite wall)
- 31 Step forward on the right foot & slide left forward next to right
- 32 Step forward on right foot (23&24 step together step)

- 33-40 Repeat steps 25-32 facing new direction

- 41 Jump in place
- 42 Kick left leg and do ¼ turn to the left
- 43 Step on left in place & step on right in place
- 44 Step on left in place (27&28-triple step in place or cha-cha)
- 45 Cross right over left foot
- 46 Turn left one full circle, unwinding legs
- 47 Hop forward
- 48 Hop forward

REPEAT
