

Mrs P D

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Petra Van de Velde (BEL)
音乐: No One Needs to Know - Shania Twain : (Polka / CD: The Woman In Me / CD: Greatest Hits)



Barefootin' by Alabama [CD: Southern Star]

SLIDE BACK, KICK BALL STEP BACK, TRIPLE TURN, KICK BALL CROSS

- 1 Big step right foot back (6:00)
- 2 Drag left heel next to right foot
- 3 Kick left foot back
- & Close on ball of left foot
- 4 Step right foot forward (12:00)
- 5 ½ turn right to left foot (6:00)
- & ½ turn right to right foot (12:00)
- 6 Step left foot in place
- 7 Kick right foot forward (1:30)
- & Close on ball of right foot
- 8 Cross left foot over right foot, ¼ turn left

SHUFFLE BACK WITH ¼ TURN LEFT, COASTER STEP, FULL TRIPLE TURN, ¼ TURN RIGHT, CHASSE

- 1 Step right foot back (face 9:00)
- & Step left foot close to right foot
- 2 Step right foot back (3:00)
- 3 Step left foot back
- & Close right foot next to left foot
- 4 Step left foot forward
- 5 ½ turn right, step right foot forward (face 3:00)
- & ½ turn right, step left foot next to right foot (9:00)
- 6 Step right foot forward (face 9:00)
- & ¼ turn right (face 12:00)
- 7 Step left foot to the side (9:00)
- & Close right foot next to left foot
- 8 Step left foot to the side (9:00)

KICK BALL CROSS, CHASSE, ½ TURN LEFT, CHASSE, ROCK STEP

- 1 Kick right foot diagonal forward (1:30)
- & Close right foot on ball of right foot (face 12:00)
- 2 Cross left foot over right foot
- 3 Step right foot to the side (3:00)
- & Step left foot next to right foot
- 4 Step right foot to the side (3:00)
- & ½ turn left (face 6:00)
- 5 Step left foot to the side (3:00)
- & Close right foot next to left foot
- 6 Step left foot to the side (3:00)
- 7 Rock right foot in front of left foot (10:30)
- 8 Recover (face 6:00)

TOE TOUCH, KNEE TWISTS WITH WEIGHT CHANGES, KICKS DIAGONAL, FORWARD, HITCH

- 1 Touch right toe to the side while turning your right knee out
- 2 Turn right knee in
- 3 Turn right knee out
- 4 Turn right knee in
- 5 Turn right knee out

6 Turn right knee in

During counts 1-6 you transfer your weight to the right and back to the left

7 Kick right foot diagonal left forward (4:30)

8 Kick right foot diagonal right forward (7:30)

& Right foot hitch

REPEAT
