

Slowly Back

拍数: 44 墙数: 4 级数: Absolute Beginner
编舞者: Gold River (IT) - May 2005
音乐: Just Like Love - Brad Martin



GRAPEVINE RIGHT, HEEL GRIND TWICE, UNWIND SPIN

- 1-2-3 Right foot to right, left foot to right behind the right foot, right foot to right
4-5-6 Touch left heel forward, taking weight on the left heel twist left toe to left, left foot back beside right foot
7-8-9 Touch right heel forward, taking weight on the right heel twist right toe to right, right foot back beside left foot
10-11-12 Left toe cross behind right foot, turn full turn on the left

GRAPEVINE RIGHT, KNEE UP, KNEE UP TURN ¼

- 13-14-15 Right foot to right, left foot to right behind the right foot, right foot to right
16-17 Left knee up moving it forward, drop left foot
18-19 Keeping weight on the left foot: turn ¼ on the left and move the right knee up, drop right foot

HIP BUMPS X 3, ¼ TURN LEFT

- 20-21-22 Hip right, hip left, hip right
23 Keeping feet on the spot turn ¼ on the left

KICK BALL CHANGE TWICE, ½ PIVOT, HEEL TOUCH

- 24&25 Kick ball change (right)
26&27 Kick ball change (right)
28-29 Right foot forward, turn ½ on the left
30-31 Touch left heel forward, drop left toe

SHUFFLE, ½ PIVOT, KICK BALL CHANGE TWICE

- 32&33 Shuffle (right)
34-35 Left foot forward, turn ½ on the right
36&37 Kick ball change (left)
38&39 Kick ball change (left)

STEP, ROCKING CHAIR, ¼ TURN STEP

- 40 Left step on the spot
41-42-43 Right rock forward, recover on the left foot, right rock back
44 Recover on the left foot turning ¼ on the left

Begin again