

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Tony Stanton (UK) - August 2008
音乐: Rockstar - Nickelback : (CD: All The Right Reasons)



Intro: 32 count intro

Section 1: Toe, Heel, Stomp Forward X 2

- 1-4 Touch right toe to left instep, touch right heel to left instep, stomp right foot forward, hold for one beat
- 5-8 Touch left toe to right instep, touch left heel to right instep, stomp left foot forward, hold for one beat

Section 2: Cross Shuffle Left With Sweep Forward, Cross Shuffle Right With ¼ Turn Left

- 9-12 Cross right over left, step left to left, cross right over left, sweep left foot out to side from back to front
- 13-16 Cross left over right, step right to right, cross left over right, turn ¼ turn left stepping back on right (facing 9 o'clock)

Section 3: Coaster Step With Scuff, Cross Step With Points X 2

- 17-20 Step back on left, step right together with left, step forward on left, scuff right alongside left
- 21-24 Cross right over left, point left toe to left, cross left over right, point right toe to right

Section 4: One And A Half Turns Backwards With Hitches

- 25-28 Step back on right turning ½ turn left, hitching left knee, step forward on left turning ½ turn left, hitching right knee
- 29-32 Step back on right turning ½ turn left, hitching left knee, step forward on left hitching right knee

Section 5: Forward Slide On Right With Heel Twists, Slide Back On Left With Heel Twists

- 33-36 Long step forward on right into right diagonal, slide left together with right, twist heels right and left
- 37-40 Long step back on left into left diagonal, slide right together with left twist heels left and right

Section 6: Sailor Step, Sailor ¼ Turn Left With Holds

- 41-44 Step right behind left, step left to left, step right to right, hold for one beat
- 45-48 Step left behind right, step right to right turning ¼ turn left, step forward on left, hold for one beat (facing 12 o'clock)

Section 7: Weave To Left With Stomps

- 49-56 Cross right over left, step left to left, cross right behind left, step left to left, cross right over left, step left to left, stomp right against left twice

Section 8 Half Turn Back With Hitch, Step Forward With Hitch, Rocking Horse Step

- 57-60 Step back on right turning ½ turn left, hitching left knee, step forward on left hitching right knee
- 61-64 Rock forward on right, rock back on left, rock back on right, rock forward on left (facing 6 o'clock)

Begin Again

Floor split: Easy Come, Easy Go

