

Get Sideways

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Sideways - Dierks Bentley : (CD: Feel That Fire)



Step, Kick, Coaster Step, Step ½, Hip Bumps

1-2 Step forward on right, low left kick forward
3&4 Step back on left, step back on right, step forward on left
5-6 Step forward on right, ½ turn left keeping weight on right
7&8 Bumps hips forward, back, forward taking weight onto left (6:00)

Out, Out, In, In, Apple Jacks

1-2 Step right to right diagonal, step left to left diagonal
3-4 Step right back in place, step left back
5&6& Swivel right toes & left heel to right, swivel right toes & left heel back to center, swivel left toes & right heel to left, swivel left toes & right heel back to center
7&8& Swivel right toes & left heel to right, swivel right toes & left heel back to center, swivel left toes & right heel to left, swivel left toes & right heel back to center (weight ending on left)

Alternate steps for Apple Jacks

5&6& Right heel forward, step right in place, left heel forward, hitch left knee
7&8& Left heel forward, step left in place, right heel forward, hitch right knee

Rock, Recover, Coaster Cross, ¾ Turn, Shuffle

1-2 Rock forward on right, recover back onto left
3&4 Step back on right, step back on left, cross right over left
5-6 Turn ¼ right stepping back on left, turn ½ right stepping forward on right
7&8 Step forward on left, step right beside left, step forward on left (3:00)

½ Monterey, Scissor Step, ½ Monterey, Scissor Step

1-2 Touch right toes to right, turning ½ right step right beside left (9:00)
3&4 Step left to left side, step right beside left, step left across right
5-6 Touch right toes to right, turning ½ right step right beside left (3:00)
7&8 Step left to left side, step right beside left, step left across right

REPEAT

Restarts:

On walls 3 and 6, dance 1-16 and restart.
On wall 8, dance 1-16, repeat 13 -16&, and restart.