

All Cool

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Robbie McGowan Hickie (UK) - June 2010
音乐: Horizontal Boogie - Dana Gillespie : (CD: Hot Stuff)



Alternative: "That's Okay" by Dwight Yoakam (180 bpm... 16 Count intro) CD... "A Long Way Home"

32 Count intro – Start on Vocals.

Out. Out. Step Back. Kick. Behind. Side. Cross. Hold.

1 – 2 Step Right forward and out to Right side. Step Left forward and out to Left side.
3 – 4 Step back on Right. Kick Left Diagonally forward Left.
5 – 8 Cross Left behind Right. Step Right to Right side. Cross step Left over Right. Hold.

1/4 Turn Left. Hold and Clap. 1/2 Turn Left. Hold and Clap. Forward Rock. Step Back. Kick.

1 – 2 Make 1/4 turn Left stepping back on Right. Hold and Clap.
3 – 4 Make 1/2 turn Left stepping forward on Left. Hold and Clap. (Facing 3 o'clock)
5 – 8 Rock forward on Right. Rock back on Left. Step back on Right. Kick/Flick Left forward.

Left Lock Step Back. Sweep. Behind. Side. Cross. Hold.

1 – 3 Step back on Left. Lock step Right across Left. Step back on Left.
4 Sweep Right out and around from Front to Back.
5 – 8 Cross Right behind Left. Step Left to Left side. Cross step Right over Left. Hold.

Hip Sways. Side Step Left. Kick. Back Right. Side Step Right. Hold.

1 – 2 Step Left to Left side Swaying Hips Left. Sway Hips Right.
3 – 4 Long step Left to Left side. Kick Right Diagonally forward Right.
5 – 8 Rock back on Right. Rock forward on Left. Step Right to Right side. Hold.

Cross Rock. 1/4 Turn Left. Hold. Step. Pivot 1/4 Turn Left. Cross. Hold.

1 – 2 Cross rock Left over Right. Rock back on Right.
3 – 4 Make 1/4 turn Left stepping forward on Left. Hold.
5 – 8 Step forward on Right. Pivot 1/4 turn Left. Cross step Right over Left. Hold. (Facing 9 o'clock)

Left Rumba Box with Holds.

1 – 4 Step Left to Left side. Close Right beside Left. Step forward on Left. Hold.
5 – 8 Step Right to Right side. Close Left beside Right. Step back on Right. Hold.

Toe Strut 1/2 Turn Left x 2. Slow Left Coaster Step. Scuff.

1 – 2 Make 1/2 turn Left stepping forward on Left toe. Drop Left heel to floor.
3 – 4 Make 1/2 turn Left stepping back on Right toe. Drop Right heel to floor.
5 – 8 Step back on Left. Step Right beside Left. Step forward on Left. Scuff Right forward.

Right Lock Step Forward. Scuff. Step. Pivot 1/2 Turn Right. Step Forward. Hold.

1 – 4 Step forward on Right. Lock step Left behind Right. Step forward on Right. Scuff Left forward.
5 – 6 Step forward on Left. Pivot 1/2 turn Right.
5 – 8 Step forward on Left. Hold. (Facing 3 o'clock)

Start Again

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