

# Bible And The Belt

拍数: 32      墙数: 4      级数: Improver  
编舞者: Darren Bailey (UK) & Lana Williams (UK) - July 2010  
音乐: The Bible And The Belt - Bucky Covington



## Walk R, L, Syncopated Touch And Step, 1/4 Turn R, Cross Shuffle

1-2            Step Rf forward, Step Lf forward  
&3            Step forward on Rf, touch Lf forward (turning body slightly to face 1:30)  
&4            Close Lf next to Rf (squaring body upto 12:00), step forward on Rf  
5-6            Step forward on Lf, make a 1/4 turn R and step Rf to R side  
7&8            Cross Lf over Rf, step Rf to R side, cross Lf over Rf

## 1/4 Turn, 1/2 Turn, R Shuffle Forward, Touches Forward And Back With Lean X2

1-2            Make a 1/4 turn L and step back on Rf, make a 1/2 turn L and step forward on Lf  
3&4            Step forward on Rf, close Lf next to Rf, step forward on Rf  
5-6            Touch Lf forward (Lean back slightly for style), touch Lf diagonally back L  
7-8            Touch Lf forward (Lean bac k slightly for style), step back on Lf

## Back Steps With Heel Flicks, Rock To R, Syncopated Change, Rock To L

1&            Step back on Rf, flick L heel back  
2&            Step back on Lf, flick R heel back  
3&            Step back on Rf, flick L heel back  
4&            Step back on Lf, flick R heel back  
5-6&          Rock Rf to R side, recover onto Lf, close Rf next to Lf  
7-8&          Rock Lf to L side, recover onto Rf, close Lf next to Rf

## 1/2 Turn L, 1/4 Turn L With Touch, 1/2 Turn L With Touch, Crosss, Back, Back, Crosss, Back, Flick

1-2            Step forward on Rf, make a 1/2 turn L  
3-4            Make a 1/4 turn L and touch Rf to R side, make a 1/2 turn L and touch Rf to R side  
5&6&          Cross Rf over Lf, step back on Lf, step Rf to R side, Kick Lf forward  
7&8            Cross Lf over Rf, step back on Rf, close Lf next to Rf and at the same time flick Rf forward

**RESTART: On wall 5 start again after first 16 counts (2 sections).**