Dirt and Glitter

拍数: 32

级数: Beginner

编舞者: Jacob Ballard (USA) - March 2011

音乐: Blow - Kesha

Start on Lyrics

Side Shuffle, Back Rock, Step Touch, Step Touch With 1/4

- 1&2 step right to side, step left together, step right to side
- 3-4 rock left behind right, recover to right
- 5-6 step left to side, touch right next to left
- 7-8 turn ¼ right stepping forward on right, touch left next to right

Side Shuffle, Back Rock, Step Touch, Step Touch With 1/4

- 1&2 step left to side, step right together, step left to side
- 3-4 rock right behind left, recover to left
- 4-6 step right to side, touch left next to right
- 7-8 turn ¼ left stepping forward on left, touch right next to left

Walk Forward, Pivot 1/2, Half Shuffle, Walk Back

- 1-2 step right forward, step left forward
- 3-4 step right forward, pivot ½ turn left
- 5&6 turn ¼ left stepping right to side, step left together, turn ¼ left stepping back on right
- 7-8 step left back, step right back

Sit (Down Up, Down Up) Step Touch, Step Touch With 1/4

- 1-2 bend both knees to go into a sitting position, rise up with weight on right
- 3-4 bend both knees to go into a sitting position, rise up transferring weight to left
- 5-6 step right to side, touch left next to right
- 7-8 turn ¼ left stepping forward on left, touch right next to left

Repeat





墙数:4