

Nowhere to Slide

拍数: 48 墙数: 4 级数: Intermediate / Advanced
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音乐: Slid - Fluke



32 count intro

[1-8] chug, rock/recover, step X2

1-2 chug forward on right foot, chug forward on left foot
3&4 rock back on right, recover on left, step forward on right
5-6 chug forward on left, chug forward on right
7&8 rock back on left, recover on right, step forward on left

[9-16] back rock, recover, kick step lock, unwind 3/4, step, head & shoulders turn, knees turn, ball step

1&2 rock back on right, recover on left, kick right foot forward
&3-4 step down on right, hook left behind right, unwind 3/4 turn over left shoulder with weight ending on left
5-6 step forward on right, turn upper body head
& shoulders to the left 1/4 turn
7&8 on balls of both feet make a 1/4 turn to the left following body, bring left to right, step right to right

[17-24] leg swing forward, 1/4 turn with hitch, kick ball step, heel turns with 1/2 turn, full turn sweep together

1-2 swing left leg crossing body to the right, make a 1/4 turn to the left while hitching left up
3&4 kick left forward, step together with left, step forward on right
&5-6 turn left heel in making a 1/4 turn to the left, turn right heel out making a 1/4 turn to the left, hook left behind right
7-8 make a full turn over left shoulder sweeping right foot around , ending with a touch on right foot together with left

[25-32] 1/2 turn box glide, 1/4, 1/2 with big step out, heel toe side walk with drag in

1-2 pressing off ball of right foot make a 1/4 turn to the left stepping forward on left, step back on right foot making 1/4 turn to the left
3& make a 1/4 turn to the left stepping forward on left, make a 1/4 turn to the left stepping back on right,
4 make a 1/4 turn to the left taking a big side step out to the left
&5&6&7&8 walk left foot to the left toe , heel, toe, heel, toe, heel, toe, heel, while dragging right foot into left

[33-40] side step, rock/recover, scuff, step lock step, side step, hook, 3/4 unwind, side step

1-2& step right to right side, rock back on left, recover on right
3&4 scuff left foot forward, step forward on left, lock right behind left,
&5 step forward on left, step right to right side
6-7-8 hook left behind right, unwind 3/4 turn over left shoulder with weight ending on left, step right to right

[41-48] hook, 3/4 unwind, side cross side, 1/4 out out, in in. body shake

1-2 hook left behind right, unwind 3/4 turn over left shoulder with weight ending on left
3&4 step right to right, cross left over right, step right to right side
&5 make a 1/4 turn to the left stepping out on left, step out on right, (do not step out with feet too far apart)
&6 walk feet in together toes, then heels
7-8 shake body from knees to head like a limp noodle, just play with it for 7-8.

You will hear a drum snare, so just let your body shake from knees to your head for those counts.

Have fun with this one.....And just a note, every turn is to the left. Sorry.
