

8 Days a Week

拍数: 32 墙数: 2 级数: Newcomer (Motion Pulse/ECS)
编舞者: Jenny Memmel (DE) - May 2012
音乐: 8 Days a Week - Drunk Cowboys : (Album: Honky Tonkin' the Beatles)



[1-8] Rock Step, "Sugar Foot", Weave With Kick

1,2 step LF behind RF, recover on RF
3,4 touch LF next RF, touch left heel diagonal forward
5,6,7,8 step LF behind RF, step RF to right side, cross LF over RF, kick RF diagonally to right side

[9-16] Behind, Side, Cross-Chassee´1/2 Turn Left with swivels

1,2 step RF behind LF, step LF to left side
3&4 Cross RF over LF, step LF to left side, cross RF over LF
5,6,7,8 making a ½ turn over your left shoulder, swivel LF, RF, LF, RF

[17-24] Kick Kick Sailor Step (Twice L+R)

1,2 kick LF across RF, kick LF diagonally to left side
3&4 left sailor step
5,6 kick RF across LF, kick RF diagonally to right side
7&8 right sailor step

[25-32] Step, Lock, Step Touch, Kick (Twice), Side Step, Drag

1,2 step LF forward, lock RF behind LF
3,4 step LF forward, touch RF next LF
5,6,7,8 kick RF across LF (2 x), make with the RF a big step to right side, drag LF next RF

Repeat & have fun
