

Sick & Tired

拍数: 40 墙数: 4 级数: Improver
编舞者: Shirley Blankenship (USA) - June 2013
音乐: Sick and Tired - Boz Scaggs : (Album: Come On Home - 1997)



Start On Vocal

Charleston Steps

- 1-2 Point Right Toe Forward, Right Toe Behind (Step)
- 3-4 Point Left Toe Back, Left Toe Forward (Step)
- 5-8 Repeat

Option- Use Sweeping Motion With Steps, And Swing Arms Forward And Back

Step, Lock, Step, Brush, Right And Left

- 1-4 Forward Right, Left Behind, Step Right, Brush Left
- 5-8 Forward Left, Right Behind, Step Left, Brush Right

Side Rock, Cross, Hold, Right And Left,

- 1-2 Side Rock Right, Recover Left
- 3-4 Right Cross Left , Hold
- 5-6 Side Rock Left, Recover Right
- 7-8 Left Cross Right, Hold

Vine, Right And Left, Brush

- 1-4 Step Right Side, Left Behind, Step Right, Left Brush
- 5-8 Step Left To Side ,Right Behind, Step Left,Right Brush

Toe Strut Jazz 1/4 Right

- 1-2 Cross Right Over Left ,Drop Right Heel
- 3-4 Step Left Toe Back, Drop Left Heel
- 5-6 Step 1/4 Right Toe,Drop Right Heel
- 7-8 Step Left Toe Forward, Drop Right Heel

Repeat,

Have Fun, Enjoy
