

Ball Cap

拍数: 32 墙数: 4 级数: Improver
编舞者: Daniel Trepát (NL) & Roy Verdonk (NL) - December 2013
音乐: Ball Cap - Glen Templeton



Intro: 20 counts from first beat in music (app. 12 sec. into track).

Extra: This dance is choreographed at the Eagle dance Event!

[1 – 8] Tap 2x R, Coasterstep, Rockstep, ¼ turn L, Shuffle L

1 – 2 Tap R forward (1), Tap R again (2) 12:00
3&4 Step R back (3), Step L next to R (&), Step R forward (4) 12:00
5 – 6 Rock L forward (5), ¼ turn L recovering on R (6) 9:00
7&8 Step L to L side (7), Step R next to L (&), Step L to L side (8) 9:00

[9 – 16] Syncopated jumping Rocks, ¾ turn L, Scissorstep

1&2 Jump on R in a cross rock (1), Recover on L (&), Jump on R flicking L in front of R knee (2) 9:00
3&4 Jump L to L side & kicking R diagonal (3), Step R next L (&), Cross L over R (4) 9:00
5 – 6 ¼ turn L stepping R back (5), ½ turn L stepping L forward (6) 12:00
7&8 Step R to R side (7), Step L next to R (&), Cross R over L (8) 12:00

[17 – 24] Rockstep, Cross shuffle, 2x ¼ turn L, Shuffle ¾ turn L

1 – 2 Rock L to L side (1), Recover on R (2) 12:00
3&4 Cross L over R (3), Step R close to L (&), Cross L over R (4) 12:00
5 – 6 ¼ turn L stepping R back (5), ¼ turn L stepping L forward (6) 3:00
7&8& ¼ turn L stepping R to R side (7), ¼ turn L crossing L over R (&), Step R back (8), ¼ turn L (&) 9:00

[25 – 32] Rockstep, Cross shuffle, Sweep with ¼ turn L, Coasterstep

1 – 2 Rock L to L side (1), Recover on R (2) 9:00
3&4 Cross L over R (3), Step R close to L (&), Cross L over R (4) 9:00
5 – 6 ¼ turn stepping R back & sweeping L from front to back (5), Finish sweep (6) 9:00
7&8 Step L back (7), Step R next L (&), Step L forward (8) 9:00

Begin again!
