

Ball Cap

拍数: 32 墙数: 1 级数: Improver
编舞者: Jessica Short (USA) & Kerry Kick (USA) - February 2014
音乐: Ball Cap - Glen Templeton



Start after 20 counts, on "It's"

SIDE, TOGETHER, ¼ TURN TRIPLE, FORWARD TURN, TRIPLE

1, 2 Step R to right side, Step L together
3 & 4 ¼ turn to right (3:00) Step R forward, Step L together, Step R forward
5, 6 Step L forward, ½ turn to R weight on right (9:00)
7 & 8 Step L forward, Step R together, Step L forward

HEEL, AND HEEL, AND HEEL, CLAP, MONTEREY ½ TURN, OUT, OUT, IN, IN

1 & Touch R heel forward, Step R together
2 & Touch L heel forward, Step L together
3, 4 Touch R heel forward, clap
5, 6 Touch R to right side, ½ turn to right and Step in place on right foot (3:00)
& 7 Step L "out" to left side, Step R "out" to right side
& 8 Step L "in" to place, Step R "in" to place

TOUCH SIDE AND FRONT, TOUCH FRONT AND SIDE, ¼ TURN, HIP ROLL

1 & Touch L to left side, Step L together
2 & Touch R heel forward, Step R together
3 & Touch L heel forward, Step L together
4 & Touch R to right side, Step R together
5, 6 Step L forward, ¼ turn to right and weight on right (6:00)
7, 8 Hip roll left, end weight on right

SAILOR STEP, SAILOR STEP, CROSS BEHIND, ½ TURN, HIPS

1 & 2 Step L behind right, Step R to right side, Step L in place
3 & 4 Step R behind left, Step L to left side, Step R in place
5, 6 Cross L behind R, ½ turn left to unwind (12:00) weight on left
7, 8 Hip sway right (weight on right), Hip sway left (weight on left)

REPEAT

Note: This dance can be done in opposing lines as an option!

Contact the choreographers at www.kerrykick.com