

Grits & Gravy

拍数: 52 墙数: 2 级数: Improver
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音乐: How Country Are Ya? - Kevin Fowler : (Album: How Country Are Ya? - 2014)



Wave, Cross Rock, Hold

- 1 - Step right foot to right
- 2 - Cross left foot behind right
- & - Step right foot to right
- 3 - Cross left foot in front of right
- 4 - Stomp right foot to right
- 5 - Rock left foot behind right
- 6 - Recover on right foot
- 7 - Stomp left foot out to left side
- 8 - Hold

Triple Step turning 270°, Shuffle, Rock, Coaster Step

- 1 - Step right forward turning 180° to right
- & - Step left foot next to right
- 2 - Step right forward turning 90° to right
- 3 - Step left foot forward
- & - Step right next to left
- 4 - Step left foot forward
- 5 - Rock right foot forward
- 6 - Recover left
- 7 - Step right foot back
- & - Step left next to Right
- 8 - Step right foot forward

Heel, Hook, Heel, Coaster Step, Step Pivot 180°, Triple step turning 180°

- 1 - Touch left heel forward
- & - Hook left foot below right knee
- 2 - Touch left heel forward
- 3 - Step left foot back
- & - Step right foot next to left
- 4 - Step left foot forward
- 5 - Step right foot forward
- 6 - Pivot 180° left on left foot
- 7 - Step right foot to side turning 90° left
- & - Step left foot next to right
- 8 - Step right foot forward turning 90° left

Rock, Kick, Heel Switches, Turn 180°, Kick

- 1 - Rock left foot forward
- 2 - Recover right
- 3 - Kick left forward
- 4 - Kick left forward
- &5 - Step left together, touch right heel forward
- &6 - Step right together, touch left heel forward
- &7 - Step left together, touch right toe back
- 8 - Pivot 180° left on ball of left foot, kick right

Cross Jazz Box, Chasse, Cross Rock

- 1 – Cross right foot over left
- 2 - Step left foot back
- 3 - Step right foot back
- 4 – Cross left foot in front of right
- 5 – Step right foot to side
- & - Step left foot next to right
- 6 – Step right foot to side
- 7 – Rock left foot behind right
- 8 – Recover right

Turn 90°, Slide, Rock, Coaster step

- 1 – Step left foot back turning 90° right
- 2 – Slide right next to left
- 3 – Rock right back
- 4 – Recover left
- 5 – Kick right foot forward
- & - Step on right
- 6 – Weight on left
- 7 – Step right back turning 180° left
- 8 – Step left forward turning 180° left

Touch Heel, Toe, Cross

- 1 – Touch right heel forward
- &2 – Step right together, touch left toe back
- &3 – Step left together, touch right heel forward
- & - Step on right
- 4 – Cross left over right

Tag & Restart: On wall 5 after count 34, Jazz Box turning 90° right and Restart from Count 1.

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