Tartan Pride

拍數: 32

級數: Beginner Plus

編舞者: Rob McKean (CAN) - October 2014

音樂: Can't Stop Me Now - Rod Stewart

Shuffle Forward, Kick Ball Change, Repeat

- 1&2 Step forward on R, step together on L, Step forward on R
- 3&4 Kick L forward, step on ball of L, step on R beside L
- 5&6 Step forward on L, together on R, step forward on L
- 7&8 Kick R forward, step on ball of R, step on L beside R

Side Step, Cross Behind, Ball Cross, Step Forward, Repeat

9-10 11&12 Step side right, cross L behind R, step on ball of R, cross L over R, step forward on R 13-14 15&16 Step side left, cross R behind L, step on ball of L, cross R over L, step forward on L (Restart here on the 4th sequence)

Step Forward, Scuff, Repeat

17-20 Step forward on R, scuff L forward, step forward on L, scuff R forward

Rock Forward, Recover, 1/2 Shuffle Turn

- 21-22 Rock forward on R, recover on L
- 23&24 Make a ¹/₂ turn right, stepping R-L-R

Left Heel Ball Touch, Right Heel Ball Touch

25&26 Touch L heel in front, step on L beside R, touch R toe beside L 27&28 Touch R heel in front, step on R beside L, touch L toe beside R

Rock Recover, Coaster

- 29-30 Rock forward on L, recover on R
- 31&32 Step back on L, together on R, forward on L

TAG 1: 4 Count Tag - Done at the end of the 2nd and 5th sequences.

Right Train Step

Rock forward on R, recover on L, rock back on R recover on L 1-4 Restart at beginning after the Tag.

TAG 2: 8 Count Tag - Done at the end of the 8th sequence

Right Train Step, two ½ Pivot turns left.

1-4 Rock forward on R, recover on L, rock back on R recover on L

5-8 Step forward on R, pivot 1/2 turn left, step forward on R, pivot 1/2 turn left.

Restart at beginning after the Tag.

Contact: robmckean@rogers.com





牆數:2