

Criss Cross Applesauce

拍數: 48 牆數: 4 級數: Improver
編舞者: Tom Cunningham - 1994
音樂: Fresh Coat of Paint - Lee Roy Parnell



Alt.: A Little Less Talk A Lot More Action by Toby Keith

RIGHT TOE HEEL CROSS VINE

- 1-2 Touch Right toe over and across left foot - Bring Right heel down with weight onto right foot
- 3-4 Touch Left toe out to left side - Bring Left heel down with weight onto left foot
- 5-6 Touch Right toe over and across left foot - Bring Right heel down with weight onto right foot
- 7-8 Touch Left toe out to left side - Bring Left heel down with weight onto left foot

VINE RIGHT - TOUCH LEFT TOE FORWARD

- 1-4 Right step to right side - Left step behind right foot - Right step to right side - Touch Left toe forward

HEEL SWITCHES

- &5 Step back onto Left foot as you Touch Right toe forward
- &6 Step back onto Right foot as you Touch Left toe forward
- &7 Step back onto Left foot as you Touch Right toe forward
- &8 Step back onto Right foot as you Touch Left toe forward

LEFT TOE HEEL CROSS VINE

- 1-2 Touch Left toe over and across right foot - Bring Left heel down with weight onto left foot
- 3-4 Touch Right toe out to right side - Bring Right heel down with weight onto right foot
- 5-6 Touch Left toe over and across right foot - Bring Left heel down with weight onto left foot
- 7-8 Touch Right toe out to right side - Bring Right heel down with weight onto right foot

VINE LEFT - TOUCH RIGHT TOE FORWARD

- 1-4 Left step to left side - Right step behind left foot - Left step to left side - Touch Right toe forward

HEEL SWITCHES

- &5 Step back onto Right foot as you Touch Left toe forward
- &6 Step back onto Left foot as you Touch Right toe forward
- &7 Step back onto Right foot as you Touch Left toe forward
- &8 Step back onto Left foot as you Touch Right toe forward

STEP/PIVOT 1/2 - STEP/PIVOT 1/4 - FORWARD - ROCK- BACK - ROCK

- 1-2 Right step Forward - Keep feet in place as you Pivot 1/2 to the Left (place weight onto left foot)
- 3-4 Right step Forward - Keep feet in place as you Pivot 1/4 to the left (place weight onto left foot)
- 5-6 Right step Forward - Keep feet in place as you Rock your weight back onto Left foot
- 7-8 Right step Back - Keep feet in place as you Rock your weight forward onto Left foot

HIP WALKS

- 1&2 Right step forward as you Bounce your Hips Right-Left-Right
- 3&4 Left step forward as you Bounce your Hips Left-Right-Left
- 5&6 Right step forward as you Bounce your Hips Right-Left-Right
- 7&8 Left step forward as you Bounce your Hips Left-Right-Left

BEGIN AGAIN

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