

Bird-Feet Heel

拍數: 36 牆數: 4 級數: Beginner
編舞者: Jeannie Compter (USA) - February 2015
音樂: Bigger Fish to Fry - Brad Paisley : (Slow)
或: Better Than This - Brad Paisley : (Faster)



Music: Faster: Better Than This by Brad Paisley

Bird Feet heel

1-2 Heels apart, heels together
3-4 Right heel out and together

Bird Feet heel

1-2 Heels apart, heels together
3-4 Left heel out and together (touch, no weight)

Step-Kick turn

1-2 Step left foot forward and turn 180 to right
3-4 Rock back on right hitch with left leg

Step-Kick turn

1-2 Step left foot forward and turn 180 to right
3-4 Rock back on right hitch with left leg

Left Grapevine

1 Step Left with left foot
2 Cross Right behind Left foot
3 Step Left with left foot
4 Right foot together

Heel Toe move Feet together

1 Heels to the right
2 Toes to the right
3 Heels to the right
4 Toes to the right

Left Rocking chair

1-2 Rock front
3-4 Rock back

¾ left in place

1-2 Left step front turn left
3-4 Left step front turn left
5-6 Left step front turn left
7-8 stomp left stomp right

Repeat right away

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