

Two-Step

拍數: 32 牆數: 2 級數: Improver
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音樂: Two Step - Laura Bell Bundy



(1-8) □ RIGHT LOCKSTEP, RIGHT SYNCOPATED LOCK; LEFT LOCKSTEP, LEFT SYNCOPATED LOCK

1, 2, 3&4 Step right foot forward at slight diagonal, step left foot behind right, step right forward, step left behind right, step right forward
5, 6, 7&8 Step left forward at slight diagonal, step right behind left, step left, step right behind left, step left forward

(9-16) □ RIGHT KICK, BALL, LEFT HEEL; LEFT KICK, BALL, RIGHT HEEL; RIGHT HEEL-DIAGONAL HITCH, HEEL, RIGHT STEP, LEFT FORWARD ROCK, RECOVERY RIGHT, STEP LEFT

1&2, 3&4 Kick diagonal right, step right, diagonal left heel; Kick diagonal left, step left, diagonal right heel
5&6& 7&8 Kick diagonal right heel, diagonal right hitch, diagonal right heel, step right; Rock forward left, recover right, stomp left foot

(17-24) RIGHT SIDE ROCK, RECOVER ¼ TURN LEFT, RIGHT FORWARD, RECOVER LEFT WITH ¼ TURN, CROSS RIGHT OVER LEFT, LEFT SIDE ROCK, RECOVER RIGHT, SAILOR ½ TURN

1,2, 3&4 Right side rock, recover left with ¼ turn left; right step forward, recover left with ¼ turn, cross right over left
5, 6, 7&8 Left side rock, recover right, sailor ½ turn to the left

(25-32) KICK, OUT, OUT; HIP BUMPS LEFT, RIGHT; LEFT FORWARD ROCK, RECOVER RIGHT, SAILOR ½ TURN

1&2, 3, 4 Kick right, step right & left; hip bump left, right
5, 6, 7&8 Left forward rock; recover right; Sailor ½ turn left

TAGS:-

TAG #1 – After 2nd wall (facing front):

(1-8) STEP SIDE RIGHT, TOGETHER; CHASSE RIGHT; STEP SIDE LEFT, TOGETHER; CHASSE LEFT

1, 2, 3&4 Step side right, together, side/together/side
5, 6, 7&8 Step side left, together; side/together/side

TAG #2 – After 3rd wall (facing back)

(1-4) HIP BUMPS RIGHT, LEFT, RIGHT, LEFT

1, 2, 3, 4 Hip bump right, left, right, left

TAG #3 – after 4th wall (facing front):

(1-32) SLIDE, SLIDE; TWO-STEP; SLIDE, SLIDE; TWO-STEP, PIVOT ½, PIVOT ½, SWAY, SWAY, SWAY, SWAY

1, 2, 3&4 Big step right, big step right; step left, step right
5, 6, 7&8 Big step left, big step left, step right, step left
9,10,11,12 Step forward right, pivot ½ turn to left; step forward right, pivot ½ turn to left
13,14,15,16 Sway hips right – left – right – left (to words “grind, grind, grind, grind)

REPEAT 1-16 ABOVE

RESTART: AFTER TAG #3, DANCE FIRST 24 COUNTS AND START OVER.

ENJOY!

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