

Matchbox Blues

拍數: 48 牆數: 4 級數: Beginner / Novice
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音樂: Matchbox Blues - Charles Esten : (Album: The music of Nashville season 1 - Volume 2)



Music Intro: 16 Time

[1-8]-HEEL SWITCHES X 2, STEP FORWARD & STOMPS X2

1234 Ask heel forward, step right next to left, put left heel forward, step left next to right
5678 forward right, step left next to right, tap twice on right next to left

[9-16] -ROCKING CHAIR, R FWD ROCK & ¼ TURN, HOLD

1234 Step right forward, recover, step right back, recover
5678 Step right in front and back by ¼ turn right (3H) PAUSE

[17-24] L & L SIDE KICKS FORWARD (X2), ROCK BACK WITH BALL (X2)

1 2 Kick with left front and left leg (X2)
3 4 Step left behind on ball step (with weight) and recover to right
5 6 Kick with left front and left leg (X2)
7 8 Step left behind (with weight) and recover on right

[25-32] -Step L LOCK STEP, SCUFF R, STEP R LOCK STEP, SCUFF L

1234 Step left, step right behind left, step left forward, scraping the heel to the ground
5678 forward right, step left behind right, step right forward scrape left heel to the ground

[33-40] -TOE STRUT BACK,

1234 Ask left toe behind (1) step left heel (2) points right behind (3) place the heel D (4)
5678 Ask left toe behind (5) step left heel (6) right toe behind (7) place the heel D (8)

[41-48] - SLOW COASTER STEP, HOLD - POINT SIDE, TOGETHER, SIDE POINT, HOLD

1234 Step back left, step right next to left, step left forward, HOLD
5 6 Point right to right (5), step right next to left (6)

END HERE: you are facing 6H, pivot 1/2 turn right (12H) point left to left (7) 8 HOLD You are on the starting wall !!

7 8 Point right to right (7), HOLD (8) (3:00)

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