

Heads and Tails

拍數: 64 牆數: 2 級數: Improver
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音樂: Heads Carolina, Tails California - Jo Dee Messina : (3:30)



Intro : □Start on the vocals 32 counts in □

[1-8]□Chasse Right, Chasse Left, X2 Kick Ball Change

1&2 Rf step side, Lf close to Rf, Rf step side
3&4 Lf step side, Rf close to Lf, Lf step side
5&6 Rf kick forward, step on Rf, step on LF
7&8 Rf kick forward, step on Rf, step on LF

[9-16]□Step Side Right, Touch, 1/4 Turn Left & Step Side, Touch, Rocking Chair

1,2 Rf step side, Lf touch next to Rf
3,4 Lf 1/4 turn left (9:00), Rf touch next to left
5-8 Rf rock forward, weight left, Rf rock back, weight left

[17-24]□Right Heel Grind, Right Coaster Step, Cross, Side, Behind Side Cross

1,2 Rf heel grind, weight left (1:00)
3&4 Rf step back, Lf next to right, Rf step forward
5,6 Lf cross over right, Rf step side right
7&8 Lf step behind right, Rf step side right, Lf cross over right

[25-32]□Step Side Right, Touch, Step Side Left, Touch, 1/4 Right, Scuff Left, Cross, Back, Back

1-4 Rf step side right, Lf touch next to right, Lf step side left, Rf touch next to left
5,6,7 Rf step forward 1/4 right (12:00), Lf Scuff forward, Lf cross over right
8& Rf step back, Lf step slightly back

[33-40]□Cross, Hold, Behind, Hold, Forward Together, Hold, Heel Bounce X2

1,2 Rf cross over left, hold
&3,4 Lf step side left, Rf step behind left, hold
&5,6 Lf step forward to left diagonal (11:00), Rf step next to left, hold
7,8 Pop knees forward X2

[41-48]□R&L Toe Struts Back, R Shuffle Back, L Rock Back

1-4 Rf touch back, Drop heel, Lf touch back, Drop heel
5&6 Rf step back, Lf step next to right, Rf step back
7,8 Lf rock back, weight right

TAG/RESTART HAPPENS HERE ON WALL 5 (12:00)

Replace 7,8 with 7&8 (7) Step Lf back, (&) Turn 1/8 turn right stepping Rf to right, (8) Lf cross over right

[49-56]□Lf Forward Sweep R, Rf Forward Sweep L, Jazz Box 1/8 Turn, Cross

1-4 Lf step forward, Sweep Rf from back to front, Rf step forward, Sweep Lf from back to front
5,6 Lf cross over right, Rf step back and square up to (9:00)
7,8 Lf step side left, Rf cross over left

[57-64]□Shimmy Side Left, Forward, Touch/Clap, 1/4 Turn Side, Touch/Clap

1-4 Lf step side left and Shimmy shoulders sliding Rf to left
5,6 Rf step forward, Lf Touch next to right and Clap
7,8 Lf 1/4 turn left stepping to side, Touch Rf next to left and Clap

