

Two Step

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Two Step (feat. Colt Ford) - Laura Bell Bundy



Clockwise rotation

SECT. 1: Step – step – scissor step – scissor step – heel touch fwd – ¼ turn step side

- 1 RF step forward
- 2 LF step forward
- 3 RF step side
- & LF step beside right
- 4 RF step cross over
- 5 LF step side
- & RF step beside left
- 6 LF step cross over left
- 7 RF heel touch fwd
- 8 RF ¼ turn right step side (3.00)

SECT. 2: Kick ball touch side – kick ball touch side – heel touch fwd – point back – ¼ turn left – knee pop

- 1 LF kick fwd
- & LF step on place
- 2 RF toe touch side
- 3 RF kick fwd
- & RF step on place
- 4 LF toe touch side
- 5 LF heel touch fwd
- 6 LF point toe back
- 7 ¼ turn left step (12.00)
- & Lift both heels by folding both knees fwd,
- 8 Carry it down

SECT. 3: Heel touch fwd – heel touch fwd – rock fwd – sailor step – sailor step

- 1 RF heel touch fwd
- & RF step beside
- 2 LF heel touch fwd
- & LF step beside
- 3 RF step fwd
- 4 LF recover weight
- 5 RF step back behind LF
- & LF step back
- 6 RF step slightly fwd
- 7 LF turn ¼ left step back behind RF (9.00)
- & RF step back
- 8 LF step slightly fwd

SECT. 4: Mambo step – lock shuffle – touch side - behind touch ½ turn – clap x2

- 1 RF step fwd
- & LF load the weight
- 2 RF step backward
- 3 LF step back

& RF step back cross over
4 LF step back
5 RF touch toe side
6 RF point toe behind
7 turn ½ right step on place (3.00)
& clap hands
8 clap hands

RESTART: To the fifth wall after 24 counts

TAG 1 (8 counts) at end of Second wall

Step cross – full turn

1 RF step cross
2 hold
3 – 8 full turn left

TAG 2 (4 counts) At the end of the Third wall

Step turn bouncing

1 RF step fwd
2 ¼ turn left bounce
3 ¼ turn left bounce
4 bounce

TAG 3 (32 counts) At the end of the Fourth wall

SECT. 1: Slide – step cross (x2)

1 RF big step side
2 LF step beside
3 RF big step side
& LF step beside
4 RF step cross over
5 LF big step side
6 RF step beside
7 LF big step side
& RF step beside
8 LF step cross over

SECT. 2: Charleston – step turn

1 RF step fwd
2 LF kick fwd
3 LF step backward
4 RF touch toe back
5 RF step fwd
6 ½ turn left
7 RF step fwd
8 ½ turn left

Repeat Sections 1 & 2

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