

Paint the Floor

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Tracey Lynn & Vanessa Johnston (CAN) - January 2018
音樂: Vandalized - Rascal Flatts



(Start with weight on left foot)

S1: Step R Slide, Coaster Step (L R L), ¼ Sailor turn over right shoulder (R L R), Shuffle forward (L R L)

- 1,2 Step out to the Right (1), slide & drag Left foot together (2)
3&4 Step Left foot back (3), step together with Right (&), step forward with Left (4)
5&6 Sweep Right foot behind Left (5) Step Left foot beside Right making 1/4 turn over Right shoulder (&), Step Right foot forward (6)
7&8 Step forward Left (7), step together with Right (&), Step forward with Left (8)

S2: 1/8 Turn Left with Hip Roll (x2), Vaudeville Right Foot, Vaudeville Left Foot

- 1,2 Step Right foot slightly forward (1) making 1/8 turn over Left shoulder, rolling your hips right/left (2)
3,4 Step Right foot slightly forward (3) making 1/8 turn over Left shoulder, rolling your hips right/left (4)
5&6 Cross Right foot over Left (5), Step Left to the side (&), touch Right heel diagonally forward (6)
&7&8& Step Right foot back (&), Cross Left foot over Right (7), Step Right to the side (&), touch Left heel diagonally forward (8), Step Left foot beside Right (&)

***Easier option: Step Left (5), touch Right heel forward (6), Step Right foot (7), touch Left Heel forward (8), Quick step onto Left foot (&)**

(Restart here on 3rd wall)

S3: Jazz Box ½ Turn (with a touch), Toe Struts Back (Left, Right)

- 1,2 Cross Right foot in front of Left (1), Step back on Left foot (2) making ¼ turn over Right shoulder
3,4 Step forward onto Right foot (3) making ¼ turn over Right shoulder (to complete the ½ turn), touch Left foot beside Right (4) (to finish the Jazz Box)
5,6 Touch Left toe back (5), then step on Left foot (6)
7,8 Touch Right toe back (7), then step on Right foot (8)

***Add hip rolls to Toe Struts back for added style.**

***For a slightly more advanced step option, change each Toe Strut back to a Shuffle back. (5,6 count of the toe strut becomes 5&6 count for the shuffle step)**

S4: Scissor Steps (x2), ¾ Turn over Left Shoulder, Behind Side Cross

- 1&2 Step Left foot to the side (1), Step Right foot together (&), Cross Left foot in front of Right (2)
3&4 Step Right foot to the side (3), Step Left foot together (&), Cross Right foot in front of Left (4)
5, 6 ¾ Pivot turn over Left shoulder (5), taking your weight onto your Right foot (6)
7&8 Step Left foot behind Right (7), Step Right foot to Right side (&), Cross Left foot over Right (8)

Restart: On the third wall, dance the first 16 counts then restart the dance again, going into the Step R Slide after the Vaudevilles (while facing 6 o'clock).

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