

Thanks a Lot

拍數: 32 牆數: 4
編舞者: Tracy Walters (CAN) - March 2018
音樂: Thanks A Lot - Robert Mizzell

級數: Beginner



Toe-Heel Swivels

1. Swivel (turn) right toes out to right
2. Swivel (turn) right heel out to right
3. Swivel (turn) right heel back to center
4. Swivel (turn) right toes back to center
5. Swivel (turn) left toes out to left
6. Swivel (turn) left heel out to left
7. Swivel (turn) left heel back to center
8. Swivel (turn) left toes back to center

Heel and Toe Taps

9. Tap right heel forward
10. Step right foot next to left foot
11. Tap left heel forward
12. Step left foot next to right foot
13. Tap right toes out to side
14. Step right foot next to left foot
15. Tap left toes out to side
16. Step left foot next to right foot

Grapevines

17. Step right foot to the side
18. Step left foot behind right foot
19. Step right foot to the side
20. Brush left foot forward
21. Step left foot to the side
22. Step right foot behind left foot
23. Step left foot to the side, making a $\frac{1}{4}$ turn to the left
24. Brush right foot forward

Rock Steps

25. Step right foot to the side
26. Step left foot in place
27. Step right foot next to left foot
28. Hold
29. Step left foot to the side
30. Step right foot in place
31. Step left foot next to right foot
32. Hold

Begin Again!
