Miss Grace

拍數: 32

級數: Beginner

編舞者: Betty Jo Toole - March 2018

音樂: Miss Grace - The Tymes

There is a long intro; start the dance with the start of the vocals

LEFT HEEL, SHUFFLE BALL CHANGE, STEP TOE, STEP KICK

- 1-2 Touch left heel forward, step left foot beside right foot
- 3&4 With right foot brush the floor with a forward and backward motion, step right foot beside left on the right toes (ball of foot); step left foot beside right foot. [shuffle ball change]
- 5-6 Step forward on right foot, touch left toe behind right foot (curtsy)
- 7-8 Step backward on left foot, kick right foot across in front of left foot

STEP KICK, STEP KICK, JAZZ BOX TURNING ¼ TURN TO RIGHT

- 1-2 Step beside left foot with right foot, kick left foot across in front of right foot-
- 3-4 Step beside right foot with left foot, kick right foot across in front of left foot
- 5-6 Step in front of left foot with right foot, step back on left foot
- Step back with right foot making 1/4 turn to the right (3:00), step in front of right foot with left 7-8 foot

FIRST 6 COUNTS ARE THE LADIES' BASIC CAROLNA SHAG STEP; RIGHT TWO-STEP

- 1&2 Step forward with right foot, step beside right foot with left foot, step back with right foot
- 3&4 Step back with left foot, step slightly in front of left foot with right foot, return weight to left foot
- 5-6 Rock backward with right foot, recover forward on left foot
- 7&8 Step forward with right foot, step left foot slightly behind right foot, step forward with righ foot

HALF TURN CLOCKWISE, ROCK, RECOVER, TWO-STEP, BUMP, BUMP

- Step forward with left foot, return weight to right foot making 1/2 turn clockwise, return weight 1&2 to left foot
- 3-4 Rock backward with right foot, recover weight forward to left foot
- 5&6 Step forward with right foot, step slightly behind right foot with left foot, Step forward with right foot
- 7-8 Shift weight to left foot bumping hip backward; shift weight forward to right foot bumping hip forward.

Repeat dance

No Tags

The Happy Feet Line Dancers, Seven Oaks Park, 200 Leisure Lane, Columbia, SC 29212

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牆數:4