

Get Tore Back More

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Pat Esper (USA) - October 2018
音樂: Tore Back - Moonshine Bandits : (Album: Gold Rush)



Dusty Dahlgren of the Moonshine Bandits (Step suggestions and styling ideas)

No Tags/Restarts

[1-8]: Walk, Walk, Walk, Kick, Step back, Step back, Coaster cross

- 1-2. Step forward on the Right foot. Step forward on the left foot.
- 3-4. Step forward on the Right foot. Kick the left foot forward (clap).
- 5-6. Step back on the left foot. Step back on the right foot.
- 7&8. Step back on the left foot, Step slightly back on the right foot, Step the left foot across the right.

[9-16]: Lindy right, Rock, Recover, Turn, Turn, Lindy left

- 1&2. Step the right foot to the side, Step the left foot next to the right, Step the right foot to the side.
- 3-4. Rock the left foot behind the right. Recover onto the right foot.
- 5-6. Step the left foot to the side and turning a half turn over the right shoulder, Step the right foot to the side and turn a half turn over the right shoulder. (Option: omit the turns... step the left to the side, step the right behind the left)
- 7&8. Step the left foot to the side, Step the right foot next to the left, Step the left foot to the side.

[17-24]: Rock, Recover, Turn, Turn, Triple step, Step, Half Turn

- 1-2. Rock the right foot behind the left. Recover onto the left foot.
- 3-4. Step the right foot to the side and turn a half turn over the left shoulder. Turn a quarter turn over the left shoulder and step forward on the left foot.
- 5&6. Step forward on the right foot, Step the left foot next to the right, Step forward on the right foot.
- 7-8. Step forward on the left foot. Turn a half turn to the right.

[25-32]: Step, Heel split, Coaster step, Step, Heel split, Coaster step

- 1&2. Step forward on the left foot, Turn both heels out, Bring both heels to center.
- 3&4. Step back on the left foot, Step the right foot next to the left, Step forward on the left foot.
- 5&6. Step forward on the right foot, Turn both heels out, Bring both heels to center.
- 7&8. Step back on the right foot, Step the left foot next to the right, Step forward on the right foot.

[33-40]: K-Step

- 1-2. Step forward at an angle on the left foot. Touch the right foot next to the left.
- 3-4. Step forward at an angle on the right foot. Touch the left foot next to the right.
- 5-6. Step back at an angle on the left foot. Touch the right foot next to the left.
- 7-8. Step back at an angle on the right foot. Touch the left foot next to the right.

[41-48]: Vine left with a heel jack, Vine right with a heel jack

- 1-2. Step the left foot to the side. Step the right foot behind the left.
- 3&4&. Step back on the left foot at an angle, Touch the right heel forward, Step the right foot next to the left, Step the left foot across the right.
- 5-6. Step the right foot to the side. Step the left foot behind the right.
- 7&8&. Step back at an angle on the right foot, Touch the left heel forward, Step the left foot next to the right, Step the right foot forward to 10:30.

[49-56]: Fall away diamond

- 1&2. Step forward to 10:30 on the left foot, Step the right foot next to the left, Step forward on the left foot.
- 3&4. Pivot to 7:30 on the ball of the left foot and step back on the right foot, Step the left foot next to the right, Step back on the right foot.
- 5&6. Pivot on the right foot to 4:30 and step forward on the left foot, Step the right foot next to the left, Step forward on the left foot.
- 7&8. Pivot to 1:30 on the ball of the left foot and step back on the right foot, Step the left foot next to the right, Step back on the right foot.

(Styling note: Pretend to be driving a car during the chorus "Take the Cadillac to the Saddle Rack")

[57-64]: Coaster step, Point, Cross, Point, forward, Syncopated rocking chair

- 1&2. Squaring to the wall (12 o'clock) Step back on the left foot, Step the right foot next to the left, Step forward on the left foot.
- 3-4. Point the right toes to the side. Step the right foot over the left.
- 5-6. Point the left toes to the side. Step forward on the left foot.
- 7&8&. Rock forward on the right foot, Recover onto the left foot, Rock back on the right foot, Recover onto the left foot.

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