

Knee Deep

拍數: 32 牆數: 4 級數: Beginner
編舞者: Tracy Walters (CAN) - February 2019
音樂: Knee Deep (feat. Jimmy Buffett) - Zac Brown Band



(Start on Vocals)

Dance Description

2 Side Mambos, 2 Rock Across

- 1&2. Step (rock) right foot to the side, step on left foot in place, step right foot next to left foot
- 3&4. Step (rock) left foot to the side, step on right foot in place, step left foot next to right foot
- 5&6. Step (rock) right foot across left foot, step on left foot in place, step back on right foot
- 7&8. Step (rock) left foot across right foot, step on right foot in place, step back on left foot

2 Lock Steps, Toe-Heel Jazz box ¼ Right

- 9&10. Step right foot forward, step left foot behind right foot, step right foot forward
- 11&12. Step left foot forward, step right foot behind left foot, step left foot forward
- 13&. Tap right toes across left foot, bring right heel down
- 14&. Tap left toes back, bring left heel down
- 15&. Make a ¼ turn to the right and tap right toes forward, bring right heel down
- 16&. Tap left toes next to right foot, bring left heel down

Shuffles Forward and Back

- 17&18. Diagonally to the right, shuffle forward (step right foot forward, step left foot next to right foot, step right foot forward)
- 19&20. Diagonally to the left, shuffle forward (step left foot forward, step right foot next to left foot, step left foot forward)
- 21&22. Diagonally to the right, shuffle back (step right foot back, step left foot next to right foot, step right foot back)
- 23&24. Diagonally to the left, shuffle back (step left foot back, step right foot next to left foot, step left foot back)

Rocking Chairs

- 25&26&. Step (rock) forward on right foot, step in place onto left foot, rock back on ball of right foot, step in place onto left foot
- 27&28. Step (rock) right foot forward, step in place onto left foot, step right foot next to left foot
- 29&30&. Step (rock) forward on left foot, step in place onto right foot, rock back on ball of left foot, step in place onto right foot
- 31&32. Step (rock) forward on left foot, step in place onto right foot, step left foot next to left foot

Begin Again!
