

Ball Cap

拍數: 32 牆數: 4 級數:
編舞者: Matt Thomson (USA) - April 2019
音樂: Ball Cap - Glen Templeton



KICK & PIONT, KICK & POINT, CROSS, SIDE, ¼ SAILOR

1&2 kick R forward, step R beside L, touch L to left side
3&4 kick L forward, step L beside R, touch R to right side
5,6 cross R over L, step L to left side
7&8 step R behind L, step L center making ¼ right, step R forward

WALK, WALK, SHUFFLE, ROCK, RECOVER, ½ SHUFFLE

1,2 step forward on L, step forward on R
3&4 step forward on L, step R beside L, step forward on L
5,6 rock forward on R, recover back on L
7&8 make a ¼ turn right stepping R, step L beside R, make a ¼ right stepping R

WIZARD, WIZARD, & CROSS, ½ UNWIND

1,2& step L to left, step R behind L, step L slightly left
3,4& step R to right, step L behind R, step R slightly right
5,6,7 cross touch L over R, heel bounce ¼ right, heel bounce ¼ right placing weight on L

SAILOR STEP, BEHIND SIDE CROSS, ROCK, RECOVER, SAILOR STEP, STEP

8&1 step R behind L, step L to L, step center on R
2&3 step L behind R, step R to right side, cross L over R
4,5 rock R to right side, recover L
6&7 step R behind L, step L to L, step center on R
8 Step forward on L

Repeat and Enjoy
