

Station

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Gabi Ibáñez (ES) - January 2019
音樂: Ode to the Working Man - Roy Stewart



stepsheet: Paqui Monroy

in the 9 th wall modification, Holds & RESTART +claps

[1-8] TOE STRUTS (R&L), ROCKING CHAIR (R)

1-2 Touch right toe forward, flatten right foot heel
3-4 Touch left toe forward, flatten left foot heel
5-6 Right Rock forward, recover weight on left
7-8 Right Rock back, recover weight on left

[9-16] SLOWS SCISSORS, HOLD, (R&L)

1-2 Right Rock to right, left step beside right foot
3-4 Right Cross over left foot, Hold
5-6 Left Rock PE to left, right step beside left foot
7-8 Left Cross over right, Hold

[17-24] STEP (R), HOLD, ¼ TURN RIGHT, HOLD (TWICE)

1-2 Right Stepforward, Hold
3-4 Turn ¼ to left, Hold (9h)
5-6 Right Step forward, Hold
7-8 Turn ¼ to left, Hold (6h)

[25-32] VINES (R&L)

1-2 Right Step to right, left cross behind right foot
3-4 Right Step to right, left scuff
5-6 Left Step to left, right cross behind left foot
7-8 Left Step to left, right scuff

REPEAT

MODIFICATION, HOLDS + CLAPS & RESTART:

In 9th wall we do until count 22 and turn 3/4 to left slowly (12h) and we add HOLDS + 16 claps to the rhythm of music and Restart the dance.