Fourteen Gears

拍數: 32

級數: Beginner

編舞者: Marianne Langagne (FR) - September 2019

音樂: Fourteen Gears - Midland

Intro : 32 Counts

Tag: 4 Counts ROCKING CHAIR (end of 10th wall)

[1-8] HEEL (OUT), TOE (IN), HEEL (OUT), TOE, COASTER SCUFF

- 1 2 R Heel forward (knee out), R Toe next to LF (knee in)
- 3 4 R Heel forward (knee out), R Toe next to LF
- 5-6 RF back, together
- 7 8 RF forward, Scuff LF

[9 – 16] DIAGONALLY STEP, BACK TOUCH, BACK, TOUCH CROSS, DIAGONALLY STEP LOCK STEP, SCUFF

- 1 2 LF diagonally forward, touch R Toe behind LF
- 3 4 RF diagonally back, touch L Toe crossed RF
- 5 6 LF diagonally forward, Lock RF
- 7 8 LF diagonally forward, Scuff RF
- *Restart here on 5th wall (12 O'clock)

[17 – 24] VINE, SCUFF, HEEL, HOLD WITH CLAP, TOE BACK, HOLD WITH SNAP

- 1 2 RF to the R, cross LF behind RF
- 3 4 RF to the R, Scuff LF
- 5 6 L Heel forward, Hold-Clap
- 7 8 L Toe Back, Hold-Snap

[25 – 32] VINE ¼ TURN LEFT, SCUFF, TOE STRUT, TOE STRUT

- 1 2 LF to the Left, Cross RF behind LF
- 3 4 L ¼ turn-LF forward, Scuff RF (9 O'clock)
- 5 6 R Toe Strut forward
- 7 8 L Toe Strut forward

FINAL : The last wall is at 12 o'clock, finish the dance by slowing down to the rhythm of the music .

Start the dance again with a smile !!!

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牆數:4

晉數:4