

Back Door Slam

拍數: 64 牆數: 4 級數: Beginner
編舞者: Rex Allott (UK) - September 2019
音樂: Who's Been Sleeping in My Bed - Glenn Frey



S1. R. Toe Fans R L, L. Toe Fans L, R

1-4 Step R forward, fan R toe R, L, Return
5-8 Step L forward, fan L toe L, R, Return

S2. R. Cross Shuffle, Step R, Return, L Cross Shuffle, Step L, Return

1&2. Cross L over R, Step R behind L, Step L to L
3-4 Step R to R, Recover on L
5&6. Cross R over L, Step L behind R, Step R to R
7-8 Step L to L, Step R back

S3. L. Step Double Kick, R Behind Side Step

1-4 Kick L Foot Forward, Return, Repeat
5-8 Step R behind L, Step L to L, Recover on L, Pause

S4. R. Step Double Kick, L Behind Side Step With 1/4 Turn L

1-4 Kick R Foot Forward, Return, Repeat
5-8 Step R Behind L, Step L Next to R with 1/4 Turn L, Step R Forward, Step L Next to R

S5. R. Toe Fans R L, L. Toe Fans L R

1-4 Step R Forward, Fan R Toe R, L, Return
5-8 Step L Forward, Fan L Toe L, R, Return

S6. Sailor Step R, L, Step 1/2 Turn R x 2

1&2 Step R Behind L, Step L Forward, Step R to R
3&4 Step L Behind R, Step R Forward, Step L to L
5-6 Step Back on R with 1/2 Turn R, Step L Next to R
7-8 Step Back on R with 1/2 Turn R, Step L Next to R

S7. K Steps

1-2 Step R diagonally Forward R, Step L Next to R
3-4 Step L diagonally Back L, Step R Next to L
5-6 Step R diagonally Back R, Step L Next to R
7-8 Step L diagonally Forward L, Step R Next to L

S8. Shuffle 1/4 L x 4

1&2 Shuffle R,L,R with 1/4 Turn L
3&4 Shuffle L,R,L with 1/4 Turn L
5&6 Shuffle R,L,R with 1/4 Turn L
7&8 Shuffle L,R,L with 1/4 Turn L