

Spin Cycle

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Lindsay Stamp (USA) - February 2020
音樂: 1, 2 Many - Luke Combs & Brooks & Dunn



#16 count Intro

(1-8) Right Foot Lead

1, 2 Point right toe beside left foot, step right. Point left toe beside right foot
&3, &4 Step left, put right heel out. Step right together, bring left toe beside right foot
&5, &6 Step left, put right heel out. Step right together, Step left
&7, &8 Step Right, Put left heel out. Step left together, Stomp right foot beside left

(9-16) Right Foot Lead

1, 2 Rock/Stomp Right forward, recover left
3, 4 Rock/Stomp Right backwards, recover left
5, 6, 7, 8 Walk forward right, left, right, left

(17-24) Right Foot Lead

1, 2 Rock forward right, recover left
3, &4 Shuffle backwards – right, left, right
5, 6 Half turn counterclockwise step down with left foot, Half turn counterclockwise step down with right foot
7, 8 Half turn counterclockwise step down with left foot, Bring right foot beside left

(25-32) Right Foot Lead

1, 2 Monterey turn $\frac{1}{4}$ clockwise. Point right toe right, Step right together as you make a $\frac{1}{4}$ turn
3, 4 Complete Monterey turn. Point left toe to the left, Step left together
5, 6 Monterey turn $\frac{1}{2}$ clockwise. Point right toe right, Step right together as you make a $\frac{1}{2}$ turn
7, 8 Complete Monterey turn. Point left toe to the left, Step left together

(33-40) Right Foot Lead

1, 2 Rock forward Right, recover left
3, 4 Point right foot backwards, pivot backwards $\frac{1}{2}$ turn clockwise. Step right
5, 6 Full turn clockwise. (Step left for $\frac{1}{2}$, step right for $\frac{1}{2}$)
7, &8 Shuffle forward. Left, right, left

(41-48) Right Foot Lead

1, &2 Rock sideways right, recover left. Step right
3, &4 Rock sideways left, recover right. Step left
5, 6 Rock sideways right, recover left
7, 8 Turn $\frac{1}{2}$ clockwise stepping down on right. Turn $\frac{1}{2}$ clockwise stepping down on left

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