

Swifty Feet

拍數: 32 牆數: 1 級數: Absolute Beginner
編舞者: Yovana Russell (CAN) - March 2020
音樂: Pick Her Up (feat. Travis Tritt) - Hot Country Knights



Heel touch Front (R) (L) (R) (L)

- 1-2 Right heel touch front, recover back beside L foot
- 3-4 Left heel touch front, recover back beside R foot
- 5-6 Right heel touch front, recover back beside L foot
- 7-8 Left heel touch front, recover back beside R foot

Heel cross / hook (R) (L)

- 1-4 Touch R heel to the side diagonally, hook R foot in front of L foot with toe touch, touch R heel out to the side diagonally, step on R foot next to L foot
- 5-8 Touch L heel to the side diagonally, hook L foot in front of R with toe touch, touch L heel out to the side diagonally, step on L foot next to R foot

Rocking horse x2

- 1-2 Rock forward onto R foot, toe touch back with L
- 3-4 Rock back onto L foot, toe touch front with R
- 5-6 Rock forward onto R foot, toe touch back with L
- 7-8 Rock back onto L foot, toe touch front with R

Rocking Chair

- 1-8 Rock R foot forward, rock R foot backwards x2
(Optional: Pivot on 5 6-7-8 onto 2 half turns)

Restart on 10th start of dance (or 10th wall)

***4 Walls options at the end on 5-6-7-8

Pivot $\frac{1}{2}$, then $\frac{1}{4}$ turn

- 5-6 Right foot touch frwd, pivot $\frac{1}{2}$ onto left shoulder,
- 7-8 Right foot touch frwd, $\frac{1}{4}$ turn onto left shoulder.