

Plant Your Fields

拍數: 32 牆數: 4 級數: Improver
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音樂: You, Plant Your Fields - New Grass Revival : (iTunes)



#16 counts intro

S:1 WALK RIGHT, LEFT, ROCKING CHAIR, VAUDUVILLE RIGHT, LEFT

1-2 Walk forward on right, walk forward on left
3&4& Rock forward on right, recover onto left, rock backwards on right, recover onto left
5&6& Cross right over left, step left to left, touch right heel diagonally forward, step right beside left
7&8& Cross left over right, step right to right, touch left heel diagonally forward, step left beside right

S:2 RIGHT & LEFT SHUFFLE FORWARD, ½ STEP TURN LEFT, ¼ STEP TURN

1&2 Step forward on right, step left beside right, step forward on right
3&4 Step forward on left, step right beside left, step forward on left
5-6 Step forward on right, turn ½ left (weight on left)
7-8 Step forward on right, turn ¼ left (weight on left)

S:3 TOE-HEEL-STOMP RIGHT & LEFT, WEAVE RIGHT, SIDE STEP, STOMP UP, STOMP DOWN

1&2 Touch right toe to left foot instep, touch right heel to left instep, stomp right forward
3&4 Touch left toe to right foot instep, touch left heel to right instep, stomp left forward
5&6& Step right to right side, cross left behind right, step right to right side, cross left in front of right
7&8 Step right to right, stomp up left, stomp left down

Tag 1: On wall 2. Step turn ½ turn left x 2 (4 counts)

Tag 1: On wall 4. Step turn ½ turn left x 2 (4 counts)

S:4 HEEL STRUT & TOE STRUT X 2, MAMBO FORWARD, MAMBO BACKWARDS

1&2& Touch right heel forward, step down on right foot, touch left toe forward, step down on left foot
3&4& Touch right heel forward, step down on right foot, touch left toe forward, step down on left foot
5&6 Rock forward on right, recover onto left, step right beside left
7&8 Rock backwards on left, recover onto right, step left beside right

Tag 1: On wall 2: Step turn ½ turn left x 2 (4 counts)

Tag 1: On wall 4. Step turn ½ turn left x 2 (4 counts) and repeat S:4

REPEAT

TAG 1

After 24 counts and after 32 counts on wall 2 and 4 there are a 4-count tag:

1-4 Step forward on right, turn ½ left x 2

Repeat S:4 after the second tag on wall 4