

The Eagle

拍數: 56 牆數: 4 級數: Beginner
編舞者: Bill Douglas & Moira Douglas - May 2020
音樂: The Eagle - Waylon Jennings



Also:-

Down any country road – Pete Redfern

Any way the wind blows – Brother Phelps

RIGHT HEEL TOUCHES FORWARD HOLD, STEP LOCK STEP HOLD

1 – 4 Touch right heel forward, touch right toe beside left, touch right heel forward , hold
5 – 8 step forward right, lock left behind right, step forward right, hold

LEFT HEEL TOUCHES FORWARD HOLD, STEP LOCK STEP HOLD

1 – 4 Touch left heel forward, touch left toe beside right, touch left heel forward, hold
5 – 8 step forward left, lock right behind left, step forward left, hold

RIGHT TOE TOUCH OUT IN OUT HOLD, BACK LOCK BACK, HOLD

1 – 4 Touch right toe out to side, touch beside left, touch out to side, hold
5 – 8 step back right, lock left across front of right, step back right, hold

LEFT TOE TOUCH OUT IN OUT HOLD, BACK LOCK BACK HOLD

1 – 4 Touch left toe out to side, touch in beside right, touch out to side, hold
5 – 8 step back left, lock right across front of left, step back left, hold.

HEELS TAPS HOLD

1 – 4 Tap right heel forward twice, close beside left, hold
5 – 8 tap left heel forward twice, close beside right, hold.

TOUCH OUT, SLAP HEEL BEHIND, CLOSE, HOLD

1 – 4 Touch right toe out to side, bring up behind left & slap with left hand, close beside left, hold
5 – 8 touch left out to side, bring up behind right and slap with right hand, close beside right, hold.

STEP, PIVOT 1/4, STEP (NO WEIGHT), HOLD, STEP PIVOT 1/2, STEP (NO WEIGHT), HOLD

1 – 4 Step forward right, pivot 1/4 left, step right beside left (no weight), hold
5 – 8 step forward right, pivot 1/2 left, step right beside left (no weight), hold.

BEGIN AGAIN AND HAVE FUN

Contact - Submitted by - Helen Parkyn : hrdw_helen@hotmail.com