

Skip the Rope

拍數: 32 牆數: 4 級數: Beginner
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音樂: Skip a Rope - Joe Tex



[1 – 8] Hook forward – Hook Back X 2

1 – 2 Rock forward right foot -hook left leg behind right knee
3 – 4 Rock left foot back - hook right foot forward left knee
5 – 6 Rock forward right foot -hook left leg behind right knee
7 – 8 Rock left foot back - hook right foot forward left knee

[9 – 16] Shuffle Right Forward - Shuffle Left Forward – Rock Step forward – Full Turn

1&2 Shuffle right: Step Right forward, step left behind right, step right forward
3&4 Shuffle Left: Step Left forward, step right behind left, step left forward
5 – 6 Rock forward right foot, return left foot
7 – 8 Full turn back step with right foot and step with left foot

[17 – 24] Rock Back right foot – Rock Forward Left foot x 3 – Touch Toe

1 – 2 Rock Back right foot Rock Forward Left foot
3 – 4 Rock Back right foot Rock Forward Left foot
5 – 6 Rock Back right foot Rock Forward Left foot
7 – 8 Touch toe of the right foot opening to the right side and cross in front of the left foot

[25 – 32] Touch toe Left – Scuff / Hitch / ¼ turn- open side left close - Stomp x 2 right/left

1 – 2 Touch toe of the left foot opening to the left side and cross in front of the right foot
3 – 4 Scuff - Hitch ¼ left turn Stomp
5 – 6 Open and close to the left with left foot
7 – 8 Stomp with right foot - Stomp with left foot

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