

Barefootin'

拍數: 32 牆數: 4 級數: Improver
編舞者: Chris Jackson (UK) - July 2021
音樂: Barefootin' - Robert Parker : (amazon)



#16 count intro - start on vocals. No Tags or Restarts!

SECTION 1 [1-8] TWIST AND FLICK, BEHIND, SIDE, CROSS, POINT, TURN

- 1,2,3,4 (Starting with feet together) Twist both heels right, Twist both heels left, flick the right on the right diagonal, right behind left
- 5,6,7,8 Left to left side, cross right over left, point left to left side, make a half turn left stepping left next to right transferring weight on to left (6.0)

SECTION 2 [9-16] OVER, SIDE, BEHIND, TURN, STEP-TURN-STEP, HITCH

- 1,2,3,4 Cross right over left, left to left side, right behind left, make a quarter turn left stepping forward on left
- 5,6,7,8 Forward right, pivot a half turn left, forward right, hitch left knee as you turn slightly on to the left diagonal of the 9.0 wall

SECTION 3 [17-24] LEFT-LOCK-STEP, HITCH, RIGHT-LOCK-STEP, HITCH

- 1,2,3,4 Forward left, lock right behind left, forward left, hitch right knee as you turn slightly on to the right diagonal of the 9.0 wall
- 5,6,7,8 Forward right, lock left behind right, forward right, hitch left knee

SECTION 4 [25-32] CROSS, BACK, SIDE, CROSS, BACK TOGETHER, HEELS, TOES

- 1,2,3,4 Cross left over right, step back on right as you straighten up to the 9.0 wall, step left to left side, cross right over left
- 5,6,7,8 Step back on left, step back right next to left and spread the weight over both feet, move both heels right, move both toes right

START AGAIN!
