

Adulging Blows

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Pat Esper (USA) - December 2021
音樂: AA - Walker Hayes



Song Suggestion From My Friend And Fellow Hurricane Outlaw, Shannon Michelle

No tags or restarts

[1-8]: Triple forward, Rock, Recover, Triple back, Rock, Recover

1&2 Step forward on the right, Step the left next to the right, Step forward on the right
3-4 Rock forward on the left foot. Recover onto the right foot.
5&6 Step back on the left foot, Step the right foot next to the left, Step back on the left foot.
7-8 Rock back on the right foot. Recover onto the left foot.

[9-16]: Half turn triple, Rock, Recover, Half turn triple, Rock, Recover

1&2 Step forward on the right foot making a quarter turn to the left, Step the left foot next to the right, Turn a quarter turn to the left stepping back on the right foot.
3-4 Rock back on the left foot. Recover onto the right foot.
5&6 Step forward on the left foot making a quarter turn to the right, Step the right foot next to the left, Turn a quarter turn to the right stepping back on the left foot.
7-8 Rock back on the right foot. Recover onto the left foot.

[17-24]: Step, Hip roll turn, Step, Hip roll turn, Jazz box

1-2 Rock forward on the right foot. Turn and eighth turn to the left rolling the hips counterclockwise.
3-4 Rock forward on the right foot. Turn and eighth turn to the left rolling the hips counterclockwise.
5-6 Step the right foot across the right. Step back on the left foot.
7-8 Step the right foot to the side. Step the left foot slightly forward next to the right.

[25-32]: Kick-ball-cross, Slide, Touch, Kick-ball-cross, Slide, Touch

1&2 Kick the right foot forward, Step onto the ball of the right foot, Step the left foot across the right
3-4 Step the right foot to the side. Slide the left foot next to the right to a touch.
5&6 Kick the left foot forward, Step onto the ball of the left foot, Step the right foot across the left.
7-8 Step the left foot to the side. Slide the right foot next to the left to a touch.
