

Pidmanula

拍數: 48 牆數: 4 級數: Newcomer
編舞者: Tiiu Vaher (EST) - April 2022
音樂: Ти ж мене підманула - Nadezhda Kadysheva : (Ukrainian folk song)



R CROSS ROCK, TRIPLE R SIDE, L CROSS ROCK, TRIPLE L SIDE

- 1 RF Cross before L with the jump
- 2 LF Return the weight onto L
- 3 RF Step R side
- & LF Step together
- 4 RF Step R side
- 5 LF Cross before R with the jump
- 6 RF Return the weight onto R
- 7 LF Step L side
- & RF Step together
- 8 LF Step L side

R SHUFFLE FWD, L SHUFFLE FWD, R SHUFFLE BACK, STOMP X3

- 9 RF Step forward
- & LF Step behind R
- 10 RF Step forward
- 11 LF Step forward
- & RF Step behind L
- 12 LF Step forward
- 13 RF Step back
- & LF Step across R
- 14 RF Step back
- 15 LF Stomp together
- & RF Stomp together
- 16 LF Stomp together

FULL TURN R, HEEL L, FULL TURN L, TOUCH

- 17 RF ¼ turn R stepping R fwd
- 18 LF ½ turn R stepping L back
- 19 RF ¼ turn R stepping R side
- 20 LF Heel to the L side (clap hands)
- 21 LF ¼ turn L stepping L fwd
- 22 RF ½ turn L stepping R back
- 23 LF ¼ turn L stepping L side
- 24 RF Touch together (clap hands)

OUT-OUT, IN-IN, ½ PIVOT L X2

- 25 RF Step R diagonally forward
- 26 LF Step L diagonally forward
- 27 RF Step R back in between
- 28 LF Step together
- 29 RF Step forward
- 30 LF ½ turn right, weight on L
- 31 RF Step forward
- 32 LF ½ turn right, weight on L

R SIDE TOGETHER X2, L SIDE TOGETHER X2

- 33 RF Step to R side
- 34 LF Step together
- 35 RF Step to R side
- 36 LF Step together (weight on R)
- 37 LF Step to L side
- 38 RF Step together
- 39 LF Step to L side
- 40 RF Step together

L HEEL FWD, HEEL SIDE, ¼ SAILOR TURN L, ½ MONTEREY TURN R

- 41 LF L heel forward
 - 42 LF L heel L side
 - 43 LF L diagonally back
 - & RF Step together
 - 44 LF ¼ turn L with step forward
 - 45 RF Touch R side
 - 46 RF Bring feet together turning ½ R
 - 47 LF Touch L side
 - 48 LF Step together (weight on L)
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