Sitting in My F- 350



拍數: 16 牆數: 4 級數: Beginner

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#1 sequence: ROCK STEP RIGHT FORWARD, SHUFFLE RIGHT BACK, ROCK STEP BACK LEFT, SHUFFLE LEFT FORWARD.

1&2 (12:00): rock step right forward, recover left.

3&4 (12:00): Step right back, step left back near right, step right back.

5&6 (12:00): rock step left back, recover right.

7&8 (12:00): Step left forward, step right forward near left, step left forward.

#2 sequence : (12:00): HEEL RIGHT TURN 1/4 (3:00), COASTER STEP RIGHT, SIDE LEFT CROSS, SCUFF RIGHT STEP RIGHT RECOVER LEFT.

1&2 (12:00):heel right turn ¼ (3:00) 2 count.

3&4 (3:00): coaster step right, step right back, step left back, step right forward.

5&6 (3:00): Step left side left and cross forward right.

7&8 (3:00): scuff right step right and shift the weight to the left.

On the 5th wall there is a restart the first 8 count of the dance are made. Or facoltative you can do this: Stomp right (2 count), half turn of the pelvis to the right. (2 count). Stomp left (2 count), half turn of the pelvis to the left (2 count).

On the 14th wall there are 14 count and we turn ½ (12:00) for the final Stomp of the right, STOMP of the left.