

# 5-6-7-8

拍數: 32      牆數: 4      級數: Beginner  
編舞者: "Rodeo" Ruth Lambden (UK)  
音樂: 5,6,7,8 - Steps



## Heel And Toe Twists & Clap

1 - 4      Twist Heels Left. Twist Toes Left. Twist Heel Left. Clap.  
5 - 8      Twist Heel Right. Twist Toes Right. Twist Heels Right. Clap.

## Step Slaps & Hip Pushes.

9 - 10      Step Left Foot Forward & Slap Left Hand On Left Hip.  
11 - 12      Step Right Foot Forward & Slap Right Hand On Right Hip.  
13 - 14      Bend Knees. Push Hips Left As You Straighten Legs.  
15 - 16      Bend Knees. Push Hips Right As You Straighten Legs.

## Right & Left Chasse With Lasso.

17 - 18      Step Right To Right Side. Close Left Beside Right.  
19 - 20      Step Right To Right Side. Close Left Beside Right.

### (While Performing Steps 17 - 20 Lasso With Right Arm)

21 - 22      Step Left To Left Side. Close Right Beside Left.  
23 - 24      Step Left To Left Side. Close Right Beside Left.

### (While Performing Steps 17 - 20 Lasso With Left Arm)

## Pistol Points (with Optional Heel Jacks).

### Note : Link Hands To Make Gun Shape And Hold To Chest.

25 - 26      Stretch Arms Out To Left Diagonal. Bend Elbow & Return To Chest.  
27 - 28      Stretch Arms Out To Right Diagonal. Bend Elbows & Return To Chest.

### Option : The More Experienced Dancer May Like To Put Heel Jacks With These Pistol Points.

### March 1/4 Turn Left, Rolling Fists.

29 - 32      Turn 1/4 Turn Left By Marching On Spot - Right , Left, Right, Left.

Note : While Marching On Spot Roll Left Fist In Front Of Chest And Right Fist Above Head Shouting - 5, 6, 7, 8.

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