Bare-Feet On The Dash

級數: Intermediate

編舞者: Pat Esper (USA) - October 2022

音樂: Barefeet on the Dash - Moccasin Creek

Dance map: (intro 24)-32-32-32-16-32-32-32-16-32-32-32-16-32 rest of song

牆數:4

[1-8]: Triple forward, Step, Half turn, Half turn triple, Rock, Recover

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

[9-16]: Lindy right, Rock, Recover, Turn, Turn, Triple forward

- 1&2 Step the right foot to the side, Step the left foot next to the right, Step the right foot to the side.
- 3-4 Rock the left foot behind the right. Recover onto the left foot.
- 5-6 Turn a half turn over the right shoulder while stepping back on the left foot (face 3 o'clock). Turn a quarter turn over the right shoulder while stepping the right foot to the side (face 6 o'clock).
- 7&8 Step forward on the left foot (face 9 o'clock), Step the right foot next to the left, Step forward on the left foot.

[17-24]: Kick-ball-step, Kick-ball-step, Side rock, Recover, Sailor step

- 1&2 Kick the right foot forward, Step onto the ball of the right foot, Step in place on the left foot.
- 3&4 Kick the right foot forward, Step onto the ball of the right foot, Step in place on the left foot.
- 5-6 Rock the right foot to the side (for styling, sway the hips to the right). Recover onto the left foot (for styling sway the hips back to center.
- 7&8 Step the right foot behind the left, Step the left foot to the side, Step the right foot in place.

[25-32]: Sailor step, Step, Half turn, Walking hip bump, Walking hip bump

- 1&2 Step the left foot behind the right, Step the right foot to the side, Step the left foot in place.
 3-4 Step forward on the right foot. Turn a half turn over the left shoulder.
- 3-4 Step forward on the right foot. Turn a half turn over the left shoulder.
- 5&6 Step forward on the right foot bumping the hips forward, Bump the hips back, Bump the hips forward taking weight onto the right.
- 7&8 Step forward on the left foot bumping the hips forward, Bump the hips back, Bump the hips forward taking weight on the left.

Start again.

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拍數: 32