

Unwind

拍數: 32 牆數: 4 級數:
編舞者: Kaitlin Hornick (USA) - October 2022
音樂: That Drink - George Birge & Neal McCoy



Section 1

1&2 Left toe kickout forward, Replace, Right tow tap out to the Right
3, 4 R step forward, L step forward
& ,5, 6 R rock to the right, recover on left, Cross Right foot in front of Left.
7, 8& Unwind counter clockwise 360, finish weight on Right, lift Left foot to complete another 90 degrees

Section 2

1, 2 Step L Forward, Hitch R knee/hip up
3&4 (Coaster Step) Step back R, step together L, R Forward
5, 6 L heel kick forward 2x
7, 8 Left toe tap back, turn 180 counter clockwise with weight on Left foot.

Section 3

1&2& (traveling forward) R toe tap to L heal, place weight on R, L heel tap forward, place weight on L.
3&4& (traveling forward) R toe tap to L heal, place weight on R, L heel tap forward, place weight on L.
5, 6 Scuff R heel, stomp Right.
7&8 Shoulder shimmy up/down w/ 90 degree turn counter clockwise (R,L,R shoulder drop) – Weight on R foot at end of 8 count

Section 4

1&2 (Sailor Turn) Sweep Left behind Right with 90 Degree turn to the L, Recover back on R, forward L
3&4 Shuffle forward Right, Left, Right
5, 6 Step forward L, Turn right 180 degree ending with weight on R
7, 8 Step forward L into 360 turn ending with stop forward on R.

TAG: 16 count Tag (repeat 8 counts 2x) Performed at the end of 2 wall

1, 2 (Jazz box) Step L over R, Step back R.
3&4 Shuffle step left
5, 6 Right toe back, pivot turn 180 to the Right, ending weight on R.
7&8 Shuffle forward with Left