

Toast

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Terri Dungan (USA) - October 2022
音樂: Toast - Koffee



No tags or restarts

Intro: 24-counts, start dance on lyric of "Toast"

[1-8] Forward Press with outer hip rolls, Toe Switches, Cross, 3/4 Unwind

- 1, 2& Press ball of R forward while rolling hips half circle clockwise (1, 2), Step R next to L (&) 12:00
3, 4& Press ball of L forward while rolling hips half circle counterclockwise (3, 4), Step L next to R (&)
5&6& Touch R toe forward (5), Step R next to L (&), Touch L toe forward (6), Step L next to R (&)
7, 8 Cross R over L (7), Unwind 3/4 left with weight ending on L (8) 3:00

(Less-turning option for counts 7-8 – Step R forward, Turn 1/4 right while stepping L next to R)

[9-16] Diagonal Wizards, 1/2 Pivot Turn, Rolling 1/2 Turns

- 1, 2& Step R to right forward diagonal (1), Lock L behind R (2), Step R to right forward diagonal (&)
3, 4& Step L to left forward diagonal (3), Lock R behind L (4), Step L to left forward diagonal (&)
5, 6 Step R forward (5), Pivot 1/2 turn left with weight ending on L (6) 9:00
7, 8 Turn 1/2 left stepping back on R (7), Turn 1/2 left stepping forward on L (8)

(Non-turning option for counts 7-8 – Walk R, L)

[17-24] Cross Heel Grinds, Forward Step, 1/4 Paddle Turns

- 1, 2& Cross R heel over L facing left diagonal (1), rotate on heel 1/8 turn right stepping back on L (2), step R next to L (&)
3, 4& Cross L heel over R facing right diagonal (3), rotate on heel 1/8 turn left stepping back on R (4), step L next to R (&)
5, 6 Step R forward (5), Rotate 1/4 right touching L ball to left side (6) 12:00
7, 8 Rotate 1/4 right touching L ball to left side (7), Rotate 1/4 right stepping L to left side (8) 6:00

[25-32] Pendulum Steps, 3/4 Skate Box

- 1, 2& Rock R to right side (1), Recover on L (2), Step R next to L (&)
3, 4& Rock L to left side (3), Recover on R (4), Step L next to R (&)
5, 6 Slide R to right side (5), Turn 1/4 left sliding L to left side (6)
7, 8 Turn 1/4 left sliding R to right side (7), Turn 1/4 left sliding L to left side (8) (9:00)

REPEAT

Ending Option: On Wall 9 dance up to count 15, then turn 1/4 left (instead of 1/2) to end at 12:00

Have fun! Contact terri_dungan@yahoo.com with comments/questions.