

Half Stoned

拍數: 32 牆數: 4 級數: Intermediate
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音樂: One Thing At A Time - Morgan Wallen



No tags or restarts

#32 count intro

[1-8] Rock return with a ¼ turn : Triple step : Step turn: Triple step

1, 2 Step to side with R, recover on L with a ¼ turn over L shoulder (9:00)
3&4 Step forward R, L, R
5, 6 Step forward L, ½ turn over R shoulder and put weight on R (3:00)
7&8 Step forward L, R, L

[9-16] Step Touch x2: Rock Return: Coaster step

1, 2 Cross R in front of L, Toe tap L
3, 4 Cross L in front of R, Toe tap R
5, 6 Step forward on R, rock recover and put weight on L
7&8 Step back on R, step L next to R, step forward on R

[17-24] Side rock return: Grape vine: Side rock return: Kick-ball-change

1, 2 Step to side with L, recover on R
3&4 Step L behind R, step side with R, L in front of R
5, 6 Step side with R, recover on L
7&8 Kick R, step ball of R, switch weight to L

[25-32] Step back, hold x2 : rock : return : ½ turn x2

1, 2 Step back on R, hold one count
3, 4 Step back on L, hold one count
5, 6 Step back on R, recover forward on L
7, 8 ½ turn over L shoulder and step back on R (9:00), ½ turn over L shoulder step forward on L (3:00)

Alternates for steps [25-32]

Alternate 1

Rock return : walk back x2 : rock return : ½ turn x2

1, 2 Step forward on R, recover on L
3, 4 Walk back R, L
5, 6 Step back on R, recover forward on L
7, 8 ½ turn over L shoulder and step back on R (9:00), ½ turn over L shoulder step forward on L (3:00)

Alternate 2

Step turn, walk forward x2 : step turn : ½ turn x2

1, 2 Step forward on R, ½ turn over L shoulder and put weight on L (9:00)
3, 4 Walk forward R, L
5, 6 Step forward on R, ½ turn over L shoulder and put weight on L (3:00)
7, 8 ½ turn over L shoulder and step back on R (9:00), ½ turn over L shoulder step forward on L (3:00)

Last Update: 25 Jan 2023

