Boots 'n All

拍數: 40

級數: Beginner

編舞者: Laura Rittenhouse (AUS) - May 2023

音樂: BOOTS 'N ALL - Kaylee Bell

Start after 16 counts (with "You better saddle up" - skipping first 8 counts of lyrics)

S1: DIG R HEEL X 2, SIDESTEP R; REPEAT WITH L

1,2,3,4Dig R heel fwd at R diagonal, Dig R heel fwd at R diagonal, Step R to R, Touch L beside R5,6,7,8Dig L heel fwd at L diagonal, Dig L heel fwd at L diagonal, Step L to L, Touch R beside L(Note, you don't move forward with these steps, you end this sequence in the same spot that you started it.)

S2: TOE STRUT FWD X 2; TOUCH R TOE FWD AT R DIAG, TOUCH L TOE FWD AT L DIAG

1,2,3,4Put R toe fwd, Drop weight onto R heel, Put L toe fwd, Drop weight onto L heel5,6,7,8Touch R toe to fwd R diag; Step R beside L, Touch L toe to fwd L diag; Step L beside R

S3: TOE STRUT BACK X 2; TOUCH R TOE BACK AT R DIAG, TOUCH L TOE BACK AT L DIAG

1,2,3,4 Put R toe back, Drop weight onto R heel, Put L toe back, Drop weight onto L heel

5,6,7,8 Touch R toe to back R diag; Step R beside L, Touch L toe to back L diag; Step L beside R

S4: VINE RIGHT AND LEFT

- 1,2,3,4 Step R to R, Cross L behind R, Step R to R, Touch L beside R
- 5,6,7,8 Step L to L, Cross R behind L, Step L to L, Step R beside L (weight even on both feet)

S5: HEEL SPLITS X 2; SIDESTEP TURN ¼ L

- 1,2,3,4 Swivel both heels out, Swivel both heels to centre, Swivel both heels out, Swivel both heels to centre
- 5,6,7,8 Turn 1/8 L stepping R to R (10:30), Touch L beside R; Turn 1/8 L stepping L to L (9:00) Touch R beside L

Choreographers note: The phrasing of the music is far from regular, but the beat is very regular so it's easy to keep dancing without the need for multiple tags and/or restarts.





牆數:4