

Oh! Nutbush

拍數: 64 牆數: 2 級數: Improver
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音樂: Nutbush City Limits - Ike & Tina Turner



Section 1 V-Step x 2

- 1 - 2 Step right foot to right diagonal. Step left foot to left diagonal.
- 3 - 4 Step right foot back in place. Step left foot back in place next to right.
- 5 - 8 Repeat above 4 counts.

Section 2 Step Lock Step Brush, Step Lock Step Brush

- 1 - 2 Step right foot forward. Close left foot behind right.
- 3 - 4 Step right foot forward. Brush left foot forward.
- 5 - 6 Step left foot forward. Close right behind left.
- 7 - 8 Step left foot forward. Brush right foot forward.

Section 3 Rocking Chair, Step 1/2 Pivot, Step 1/2 Pivot

- 1 - 2 Rock forward on right foot. Replace weight on left foot.
- 3 - 4 Rock back on right foot. Replace weight on left foot.
- 5 - 6 Step forward on right foot. Pivot 1/2 turn left.
- 7 - 8 Step forward on right foot. Pivot 1/2 turn left.

Section 4 Side Strut, Cross Strut, Side Chassis, Back Rock

- 1 - 2 Step right toe to right side. Place right heel on floor.
- 3 - 4 Cross left toe over right foot. Place left heel on floor,
- 5 - 6 Step right foot to right side. Close left foot next to right. Step right foot to right side.
- 7 - 8 Rock back on left foot. Replace weight on right foot.

Section 5 Side Strut, Cross Strut, Side Chassis, 1/4 Turn Right Back Rock

- 1 - 2 Step left toe to left side. Place left heel on floor.
- 3 - 4 Cross right toe over left foot. Place right heel on floor,
- 5 - 6 Step left foot to left side. Close right foot next to left. Step left foot to left side.
- 7 - 8 Making a 1/4 turn right, rock back on right foot. Replace weight on left foot. (3 o'clock)

Section 6 Forward Rock, Side Rock, Cross, 1/4 Turn Right, 1/4 Turn Right, Cross

- 1 - 2 Rock forward on right foot. Replace weight on left foot.
- 3 - 4 Rock to right side on right foot. Replace weight on left foot.
- 5 - 6 Cross right foot over left. Make 1/4 turn right stepping back on left foot.
- 7 - 8 Make a 1/4 turn right stepping right foot to right side. Cross left foot over right foot. (9 o'clock)

Section 7 Side Rock Cross, Side Behind, 1/4 Turn Left Step Forward, Forward Rock

- 1 - 2 Rock right foot to right side. Replace weight on left foot.
- 3 - 4 Cross right foot over left. Step left foot to the left side.
- 5 - 6 Cross right foot behind left. Make a 1/4 turn left stepping forward on left foot. (6 o'clock)
- 7 - 8 Rock forward on right foot. Replace weight on left foot.

Section 8 Side Touch, Side Touch, Big Step Right, Close Left (With a Shimmy)

- 1 - 2 Step right foot to right side. Point left foot in front of right.
- 3 - 4 Step left foot to left side. Point right foot in front of left.
- 5 - 6 Make a big step to right with right foot whilst dragging left foot towards right. (shimmy.....)
- 7 - 8 Close left foot next to right foot. Clap!

